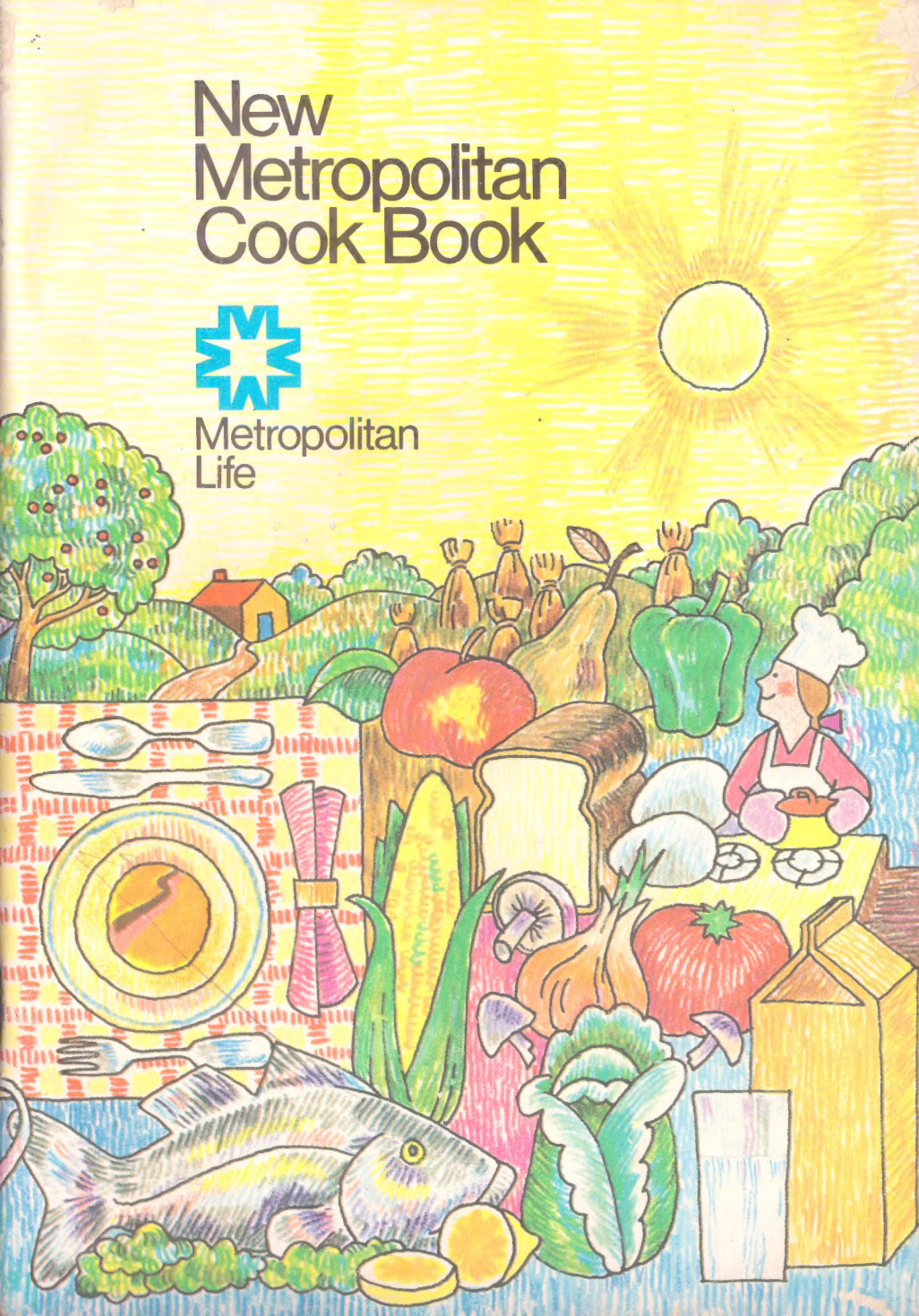
New Metropolitan Cook Book

Metropolitan Life



In measuring, remember . . .

3 teaspoons = 1 tablespoon
2 tablespoons = ⅛ cup
4 tablespoons = ¼ cup
8 tablespoons = ½ cup
16 tablespoons = 1 cup
5 tablespoons + 1 teaspoon = ⅓ cup
12 tablespoons = ¾ cup
4 ounces = ½ cup
8 ounces = 1 cup
16 ounces = 1 pound or 1 pint
1 ounce = 2 tablespoons fat or liquid
2 cups fat = 1 pound
2 cups = 1 pint
2 cups sugar = 1 pound
⅝ cup = ½ cup + 2 tablespoons
⅞ cup = ¾ cup + 2 tablespoons
3 to 4 cups confectioners' sugar, sifted = 1 pound
2⅔ cups brown sugar = 1 pound
4 cups sifted flour = 1 pound
1 pound butter or margarine = 2 cups or 4 sticks
2 pints = 1 quart
1 quart = 4 cups
A few grains = Less than ⅛ teaspoon
Speck = Less than ⅛ teaspoon
Pinch is as much as can be taken between tip of finger and thumb

Substitutions

1 tablespoon cornstarch (for thickening) = 2 tablespoons flour (approximately)
1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup bottled milk = ½ cup evaporated milk plus ½ cup water
1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk
1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
1 cup cream, sour, heavy = ⅓ cup butter and ⅔ cup milk in any sour-milk recipe
1 cup cream, sour, thin = 3 tablespoons butter and ¾ cup milk in sour-milk recipe
1 cup molasses = 1 cup honey
10 miniature marshmallows = 1 large

Oven Temperatures (Fahrenheit)

Very Slow	250° and 275°
Slow	300° and 325°
Moderate	350° and 375°
Hot	400° and 425°
Very Hot	450° and 475°

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Introduction

Food is life. Every day part of our body is renewed by the food we eat. It is from protein-rich foods that we provide our bodies with the building blocks to create new tissue and to make an army of "biochemical soldiers"—the antibodies—which fight against infection by bacteria and viruses. It is the carbohydrates, backed up by the calories stored in the fat tissue under our skin, which keep our energy supply ever on the alert. Fats add flavor and satisfaction to our meals.

Proteins—carbohydrates—fats—vitamins and minerals. What a biochemical mixture! Should eating them be a complicated biological chore? Far from it. Above all, eating is, and should be, fun—a time to bring the family together around the table; a time to stop and reflect on the rich harvest provided by a bountiful land. Breakfast can be a time of sharing the hope for a bright and happy day; dinner the occasion of telling the tales of an eventful day. Mealtime can always be a time of sharing, whether it is at a dinner table, barbecue or picnic. The focus on food can mean fun, friendship and good health.

What makes us eat the way we do? Many factors. The way our parents shaped our eating habits, for example, and our ability to buy particular foods. Certain religious observances and psychological and social influences also help to shape our food choices.

What foods should you choose? No need to be a professor of nutrition to plan meals wisely. The key words are "variety" and "moderation." Here are just a few simple facts to keep in mind:

Variety

No "perfect food" supplies all of our daily nutritional needs. We need variety not only for the sake of eating pleasure, but also for nutrition. That is one of the reasons why, along with the beef and potato meals that are usually considered standard American fare, you will also find lots of suggestions for fish, chicken, veal, fruits and salads in this cook book.

Moderation

Medical nutritionists observe two facts about the living and eating patterns of most Americans that have an adverse effect on health:

—Many of us eat more than we should, especially foods rich in fats and carbohydrates.

—Many of us live sedentary lives, with not enough physical activity to keep in trim.

This is not a diet book, that is, not a low-calorie or low-fat cook book. However, the meal plans and recipes have been designed to help prevent some of the health problems associated with our way of life—overweight and high levels of cholesterol in the blood—which increase the risk of heart attacks.

Some Ways This Cook Book is Different

The recipes and outline of menu plans are based on the principles of variety and moderation, with special attention to moderately reducing total fats in the diet and distributing the three types of fats in proper amounts. That is why skim milk is used rather than whole milk (except in certain soups); margarines rich in polyunsaturated fat* should almost entirely replace butter; vegetable oils (safflower, corn, soybean, cottonseed, peanut) are preferred (olive oil may be used for flavoring); visible fats are trimmed from beef, lamb and pork; more fish, veal, and poultry are recommended; the number of eggs used in certain recipes has been reduced; and desserts, while still pleasing, are nutritionally sound. While we never say "never" to any food, nutritional discretion is always the better part of dietary valor.

Basic Food Groups and Servings for Weekly Meal Planning

Six major food groups contribute the nutrients we need. While it is wise to include foods from each group every day, some people find it more convenient to think of nutritional needs for the week and design a weekly diet pattern that is so varied that it will include all of the essential nutrients and be attractive to most palates.

Some foods combine two or more major nutrients and appear in more than one of the major food groups which follow:

*Liquid vegetable oil should be the first listed ingredient. The first listed item on the label indicates the predominant ingredient.

Protein Group
Principally for protein, B vitamins and iron
Lean meat, poultry, fish, eggs, dried beans and peas, nuts, milk, cheese

Bread and Cereal Group
Principally for carbohydrate, B vitamins and iron
Enriched or whole grain bread, rolls, cereals or flour; enriched cornmeal, rice or grits; enriched macaroni, noodles or spaghetti

Vegetable Group
Principally for vitamin A
Dark green leafy and deep yellow vegetables

Fruit Group
Principally for vitamin C
Citrus fruits especially

Milk and Cheese Group
Principally for calcium and protein

Fat and Oil Group
Principally for polyunsaturated fatty acids
Corn, cottonseed, soybean or safflower oils or margarines containing significant amounts of these oils in liquid form. Oils in fish and most nuts also are of the polyunsaturated type.

The trick is to eat foods from all six groups, prepared in recipes which are appealing while containing as few calories as possible. Once the ground rules of good nutrition are understood and become a welcome habit, this can be done effortlessly.

A Word of Explanation about Fats

There are three major types of fats: saturated, polyunsaturated and monounsaturated. We need them all, but in proper amounts. *Saturated fats* are found mainly in meats and dairy products; *polyunsaturated fats* are found in fish and most vegetable oils (corn, soybean, peanut, cottonseed and safflower oils, but *not* coconut oil which is high in saturated fat); *monounsaturated fats* are found in poultry (chicken, turkey) and olive oil.

If saturated fats are eaten predominantly, the level of cholesterol in the blood may increase. Moderate use of saturated fats plus increased use of the polyunsaturated ones tend to lower the cholesterol level in the blood. Monounsaturated fats have little effect on cholesterol. Polyunsaturated fats also supply linoleic acid, an essential fatty acid which the body cannot make itself. Many foods contain both saturated and unsaturated fats. A partial list* of common foods according to type of predominant fat follows:

Foods According to Types of Fats

Predominantly Saturated Fats	Predominantly Polyunsaturated Fats	Predominantly Monounsaturated Fats
Meat—beef, veal**, lamb, pork and their products such as cold cuts, sausages	Liquid vegetable oils*** corn, cottonseed, safflower, soybean	Olive Oil
Eggs	Margarines containing substantial amounts of the above oils in liquid form	Olives
Whole milk	Fish	Avocados
Whole milk cheese	Mayonnaise, salad dressing	Cashew nuts
Cream, sweet and sour	Nuts—walnuts, filberts, pecans, almonds, peanuts	
Ice cream	Peanut butter	
Butter	Products made from or with the above	
Some margarines		
Lard		
Hydrogenated shortenings		
Chocolate		
Coconut		
Coconut oil		
Products made from or with the above, such as most cakes, pastry, cookies, gravy, sauces and many snack foods		

*Based on *How To Follow the Prudent Diet*, New York City Department of Health, revised July, 1969.

**Veal and poultry (chicken and turkey) are relatively low in total fat. Veal fat is predominantly saturated; chicken and turkey fat is more favorably distributed between polyunsaturated and saturated fat.

***Peanut oil is not polyunsaturated to the same degree as the other oils.

The *New Metropolitan Cook Book* is, then, a cook book with a difference. Like other cook books, it has lots of good recipes, including some old favorites from earlier editions of the *Metropolitan Cook Book.* What's different is that by using the recipes in this book in a balanced weekly menu plan, you can "build in" to your family meal patterns the advances of nutrition science.

Good luck, good eating, good health!

George Christakis, M.D.*

Breakfasts – Lunches – Dinners

This cook book is divided into three major sections: breakfasts, lunches and dinners. A good breakfast should provide the foods that contribute vitamins and minerals that are not likely to be eaten the rest of the day, such as citrus fruits rich in vitamin C, as well as a balanced pattern of protein, carbohydrates and fats in a moderate caloric package. Such a breakfast should be satisfying and have the staying power to last until lunch.

What should the main dish be for lunch and dinner? The majority of meals should contain a main dish from the protein group such as red meats (beef, lamb, pork), fish and seafood or "low-fat" meats (chicken, turkey, veal). For lunch time, these main dishes of protein-rich foods may be in the form of sandwiches, salads or a hot meal. For dinner, protein-rich main dishes usually are part of a more elaborate meal, including side dishes of vegetables, salads and carbohydrate-rich foods such as rice, spaghetti or noodles. Of course, people who prefer to have their main meal in the middle of the day may choose these from the dinner suggestions. Whole grain or enriched bread may accompany every meal and is a fine source of the B vitamins, iron and some protein.

Here is a weekly menu plan, using recipes included in this cook book, which illustrates a balanced food pattern for you and your family:

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The recipes were compiled, under Dr. Christakis' direction, by his wife, Emerald Christakis.

Weekly Menu Plan

	Breakfast
Monday	Orange juice—chilled Poached egg on English muffin Beverage
Tuesday	Fresh blueberries on cold dry cereal with skim milk Lean Canadian bacon—2 slices crisply fried or broiled with whole wheat toast Beverage
Wednesday	Tangerine juice Broiled finnan haddie Flaky biscuits Beverage
Thursday	Orange French toast with sliced oranges Frizzled ham Beverage
Friday	Fresh or frozen strawberries Cottage cheese pancakes Beverage
Saturday	Sliced peaches Scrambled eggs Breakfast muffins Beverage
Sunday	

Lunch	Dinner
Chef Caesar salad Applesauce cake Beverage	Shrimp Scampi style Cooked rice Mixed green salad Devil's food cake Beverage
Tomato juice Tuna noodle casserole Waldorf salad Fruit whip Beverage	Meat loaf Baked potato Sautéed asparagus Sliced tomatoes Brownie Beverage
Mushroom soup Sandwich with meat filling Lettuce & tomato salad Fresh fruit Beverage	Lemon fried chicken Mashed potatoes Broccoli Sliced cucumber & tomato salad Apple brown betty Beverage
Gazpacho soup Sliced turkey sandwich Sponge cake Beverage	Liver and onions Parsley potatoes Sautéed stringbeans Carrot sticks, olives, pickles Cantaloupe Beverage
Greek lemon soup Chicken salad sandwich Blueberry pie Beverage	Broiled halibut steak Baked potato Carrots and peas Lettuce & tomato salad Raisin rice pudding Beverage
Cheese lasagne Baked apple Beverage	London broil Broiler French fries Saute spinach Tomato aspic salad Apple pie Beverage
Brunch Fruit compote Chicken griddle cakes Pineapple coffee cake Cubes of cheese Beverage	Roast of veal Rice pilaf Glazed carrots Cole slaw salad Pineapple banana milk sherbet Beverage

Breakfast

Breakfast, as the etymologists tell us, is designed to break the fast from the previous night's meal and to satisfy the hearty new flare of appetite which marks the start of a new day.

But breakfast has become a personal matter. Some have a cigarette and black coffee. Others barely manage to kiss their wives as they make a mad dash to work. Still others think they are "home on the range" and have ham and eggs, waffles and sausage, grits and sweet rolls. Some people, for unknown reasons, just can't think of breakfast; they simply don't like to start their day with food. Some overweight folks do not eat breakfast, nibble on a light lunch, then really pack it in for supper. What makes us eat the way we do is sometimes quite a mystery.

Perhaps one of the most important aspects of breakfast is the occasion it affords for the family to meet—even if it is a bit rushed. When Dad comes home late and can't eat dinner with the family, the "social" meaning of breakfast can be appreciated.

Breakfast should supply many of the nutrients that are not stored in the body in large amounts—the protein of eggs, the B vitamins and iron in whole grain breads and cereals, the Vitamin C in citrus fruits. Breakfast also provides foods that are satisfying and have the staying power to hold us until lunch 4 to 5 hours later. Except on weekends, when the mood is festive and the family is free from the weekday world of responsibilities, most of us would not eat a lumberjack or cowboy's breakfast. Thus, the total caloric content of a nutritious weekday breakfast is likely not to exceed 300 to 500 calories. Proteins and carbohydrates are needed to avoid fatigue and to sharpen our wits.

Breakfast patterns to avoid are:

—The no-breakfast breakfast

—The coffee, doughnut or Danish, and cigarette breakfast

—The no-citrus fruit, no-protein breakfast

—The double breakfast: one at home and a second one at work

—The substitute breakfast: the coffee break

The history of America is reflected by the foods our forefathers placed on their breakfast table. The "hasty" pudding and "liberty" tea of the colonists, the Jeffersonian breakfast of cold meats served with hot bread and fried apples, the griddle cake breakfasts of Vermont and the scrapple breakfasts of Pennsylvania are only a few examples of the fascinating components of the American breakfast table. Whatever our preferences, we should all aim to start the day right with a healthy and prudent choice of foods.

Fruits

Many fruit juices are naturally rich in vitamin C, others have been enriched with it. Breakfast fruits are a pleasant and refreshing way to get your daily supply of this vitamin, but it may also be included in lunch or dinner menus, in vegetables as well as fruits.

Sources of Vitamin C

Excellent	Good
Orange	Broccoli*
Grapefruit	Brussels sprouts*
Tangerine	Dark green leafy vegetables*
Canteloupe	Cauliflower*
Strawberries	Tomato—fresh or canned,
Acerola	including tomato juice
Guava	Sweet pepper, raw
Mango	Cabbage, raw or cooked*
Papaya	Sauerkraut
	Potato**—white or sweet

Unsweetened citrus fruits or juices:

Oranges, grapefruits, tangerines are the most practical sources of vitamin C. Use them fresh, canned or frozen.

Pineapple juice supplies small amounts of vitamin C, while apple, apricot, peach, pear, cranberry, grape and prune juice have practically none, unless enriched with vitamin C as stated on the label. If sugar is added, this means extra calories.

Nonfat Dry Milk

Nonfat dry milk is fresh whole milk from which the cream and water have been removed. It has all the nourishment of fresh skim milk—high quality protein, calcium, other minerals and B vitamins. It is inexpensive and costs only about one-third as much as fresh milk. It is easy to carry and easy to store. Store the package, tightly closed, on your cupboard shelf. You can keep it several months in a dry, cool place. After you add water to make skim milk, keep it in your refrigerator.

Follow instructions on the package on how to mix.

Uses

After nonfat dry milk has been mixed with water you may use it just as you would fresh milk, for drinking and for cooking.

Use the powder as it comes from the package in baking and cooking:

Substitute one-third cup of nonfat dry milk plus 1 cup water for each cup of fluid milk called for in your recipes.

Add ¼ cup powder to 1 pound of meat in your meat loaf, meat balls or hamburger mixture.

Add ¼ cup powder to 1 cup uncooked cereal before cooking, or to your mashed potatoes.

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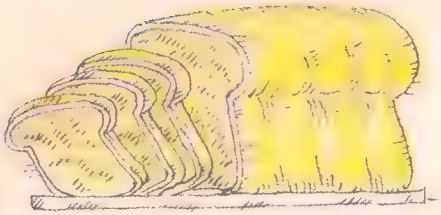
*Cook vegetables in a small amount of boiling water in a covered pan only until tender. Use the vegetable juice in cooking.

**Cook potatoes in their skins. Eat the skin too.



Quick Breads

There's nothing like a hot bread to dress up a plain meal. Today there are so many delightful packaged mixes for muffins, biscuits, popovers, pancakes, waffles, and quick loaf breads that it is no trouble at all to serve these welcome treats as often as you like. For example, there are nut and fruit breads that come in cans ready to serve, brown 'n' serve rolls, and oven-ready biscuits and cinnamon buns. You can even buy pancake batter mixed and ready to pour on a hot griddle! But there will be times when you feel like mixing up a specialty of your own.

Apple Walnut Loaf

1½ cups sifted flour
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
⅛ teaspoon allspice
1½ cups crushed ready-to-serve wheat cereal flakes
1 cup broken walnuts
¾ cup chopped apple
1 egg, slightly beaten
¾ cup brown sugar, firmly packed
1½ cups buttermilk
2 tablespoons melted margarine

Grease an 8x4x3 inch loaf pan. Sift together flour, baking powder, baking soda, salt, and spices. Add cereal flakes, walnuts, and apple. Combine egg, brown sugar, buttermilk and margarine; add to dry ingredients mixing just enough to moisten. Do not beat. Turn into prepared loaf pan. Bake in 350° F. (moderate) oven, 1 hour or until cake tests done.

Homemade Bread and Rolls

White Bread

1 cup skim milk
3 tablespoons sugar
2½ teaspoons salt
6 tablespoons margarine
1 package active dry yeast
1 cup warm (not hot) water
6 cups sifted all purpose flour
Melted margarine

Scald milk; stir in sugar, salt, and margarine; stir until sugar dissolves; cool to lukewarm. Sprinkle yeast on water; stir till dissolved. Add milk mixture. Stir in 3 cups of the flour; beat until smooth. Stir in remaining flour. Turn out on a lightly floured board. Knead. Fold dough over toward you. Press down away from you with the heel of your hand. Give dough a quarter turn. Continue until dough is smooth and elastic, and does not stick to the board. Place in a greased bowl; brush top with melted margarine. Cover with a damp cloth; let rise in warm place, 80° to 85°F., until doubled in bulk (about 1 hour). Punch down; turn out on lightly floured board. Divide dough in half. Shape into 2 loaves; place in 2 greased 8x4x3-inch loaf pans. Cover with a damp cloth; let rise in a warm place, 80° to 85°F., until center of dough is slightly higher than the edges of the pans, (about 1 hour). Bake in 400°F. (hot) oven 50 to 60 minutes or until done. Remove from pans immediately and cool on a rack.

Flaky Biscuits

2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup vegetable oil
⅔ cup skim milk

Sift flour, baking powder and salt together into mixing bowl. Blend in vegetable oil with fork or pastry blender. Add milk; mix until dough

forms. Gently knead on lightly floured board, 15 to 20 times. Roll out or pat to ½-inch thickness. Cut with floured biscuit cutter. Place on ungreased baking sheet. Bake in 450° F. (very hot) oven until lightly browned, 12 to 15 minutes. Makes 12 (2-inch) biscuits.

Note: For **soft biscuits,** arrange on baking sheet with sides touching. For crusty biscuits, place well apart.

Buttermilk Biscuits: Follow recipe for Flaky Biscuits, adding ¼ teaspoon baking soda to dry ingredients and substituting buttermilk for regular milk.

Cheese Biscuits: Follow recipe for Flaky Biscuits, adding ½ cup grated cheese to sifted dry ingredients.

Scones: Mix dough as directed for Flaky Biscuits. Knead dough slightly. Divide into 4 equal parts. Roll out each to circle ½-inch thick. Cut each into quarters. Bake as directed for Flaky Biscuits. Makes 16 scones.

Orange Biscuits

Bake 1 (8-ounce) package refrigerator biscuits as directed.

Topping:

1 (6-ounce) can frozen orange juice concentrate
1 cup sugar
¼ cup hot water
4 tablespoons grated orange rind

Combine all ingredients and beat in saucepan over high heat. Stir until thickened, about 12 minutes. Pour over biscuits and bake in 375° F. (moderate) oven 5 minutes. May be served with heated Vienna sausage.

Breakfast Muffins

1 egg
¼ cup sugar
¼ cup margarine, melted
1¾ cup sifted flour
¼ teaspoon baking powder
½ teaspoon salt
1 cup skim milk

Beat egg. Mix in sugar and melted margarine. Sift together flour, baking powder, and salt; add to sugar and margarine mixture, alternately with milk. Fill greased muffin cups ⅔ full. Bake in 375° F. (moderate) oven about 20 minutes or until golden brown. Makes 14 to 16 small muffins.

Prune Muffins

1 egg
1 cup skim milk
¼ cup margarine, melted
2 cups sifted flour
¼ cup sugar
¼ cup brown sugar, firmly packed
¼ teaspoon nutmeg
3 teaspoons baking powder
1 teaspoon salt
¾ cup cut-up, well-drained, pitted cooked prunes

Beat egg. Stir in milk and margarine. Stir in dry ingredients and fold in prunes. Fill greased muffin cups ⅔ full. Bake in 400° F. (hot) oven 25 minutes or until cake tester inserted in center of muffin comes out clean. Makes 12 medium muffins.

Coffee Cake

¼ cup margarine, softened
1 egg, beaten
¾ cup sugar
½ cup skim milk
1½ cups sifted flour
2 teaspoons baking powder
1 teaspoon salt

Grease a 9x9x2-inch baking pan. Combine margarine, egg and sugar, and mix well. Stir in milk. Add dry ingredients and mix. Pour batter into prepared pan. Sprinkle with desired topping and bake in 375° F. (moderate) oven about 25 minutes or until cake tester inserted in center comes out clean.

Streusel Filled Coffee Cake

Spread half the batter in pan. Sprinkle with half the Streusel Mixture (below). Add the remaining batter, and sprinkle remaining Streusel over top.

Streusel Mixture

Mix . . .

½ cup brown sugar, firmly packed
2 tablespoons flour
2 teaspoons cinnamon
2 tablespoons margarine, melted
½ cup chopped nuts

Coffee Cake Toppings

Cinnamon Topping

Sprinkle with a mixture of ½ cup brown sugar firmly packed and 1½ teaspoons cinnamon.

Pineapple Topping

Spread top with mixture of 2 tablespoons softened margarine, 2 tablespoons honey, and ½ cup well-drained crushed pineapple.

Eggs

Eggs are an integral part of the American breakfast. They are excellent for lunches and snacks, too. Though the yolk is high in cholesterol, the white does not contain any. Egg is a very high quality protein. For young people and adults it may be best to limit eggs to 4 per week.

Soft Cooked

Place cold eggs in dish of lukewarm water to prevent cracked shells. Bring enough water to cover eggs to boil in saucepan. Transfer eggs from warm water to boiling water with spoon. Reduce heat to keep water below simmering and cook 3 to 5 minutes.

Hard Cooked

As for soft cooked, but hold eggs in water below simmering for 15 minutes. Cool promptly and thoroughly in cold water.

Poached Eggs

Bring water in shallow pan to the boiling point—enough to have about 2 inches of water. Reduce heat to hold temperature at simmering. Break each egg into saucer. Rotate water in pan with a spoon. Carefully slip egg into center of the whirlpool. Poach egg about 3 minutes or until the white is set. Remove the egg from the water with a perforated spoon. Trim the white neatly and serve at once.

Milk, tomato juice or broth may be used instead of water.

Scrambled Eggs

(Makes 2 servings—use 8-inch pan)

4 eggs
4 tablespoons skim milk
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon margarine

Mix eggs, milk, salt and pepper with fork, egg beater or hand mixer. Mix thoroughly for a uniform yellow, or slightly if streaks of white and yellow are preferred. Heat margarine over medium heat until just hot enough to sizzle a drop of water. Pour in egg mixture. Reduce heat. Cook slowly, lifting gently from the bottom and sides as the mixture thickens, allowing the uncooked portion to flow to the bottom. Avoid constant stirring. Cook until eggs are thickened through but still moist —3 to 5 minutes.

Variations

Lightly brown one cup of sliced mushrooms in margarine before adding egg mixture to skillet.

Add ½ cup of finely cubed or shredded Swiss or Cheddar cheese when eggs begin to thicken.

Add a pinch of a favorite herb with salt and pepper. Marjoram, poultry seasoning, chives or minced parsley are all especially good.

As egg mixture begins to thicken, stir in chopped cooked meat such as bacon, ham, luncheon meat or frankfurters.

Add to the egg mixture a seasoning or food characteristic of a particular country, such as: a dash of curry for the East Indies; chili powder for Mexico; ½ cup drained pineapple chunks for Hawaii; chutney for India; smoked fish for Scandinavia; and bean sprouts for the Far East.

Chicken Livers and Scrambled Eggs

Brush livers with margarine and broil 3 minutes. Turn once. Broil 2 minutes. Season with salt and pepper. Chop and mix into scrambled eggs.

Baked or Shirred Eggs

(1 or 2 eggs per serving)

Set oven thermostat to 325° F. Grease baking dishes with vegetable oil or margarine. Slip 1 or 2 eggs into baking dish. Season with salt and pepper. Bake 12 to 18 minutes in 325° F. (slow) oven depending upon firmness desired. Serve from baking dish.

Fried Eggs

(For one serving use 2 fresh eggs)

Heat 1 tablespoon margarine in a skillet until it is just hot enough to sizzle a drop of water. Break and slip eggs one at a time into sauce dish and then into skillet. Reduce heat immediately. Cook slowly 3 or 4 minutes, basting eggs with margarine or turning to cook on both sides.

Tip for Seasoning a Frying Pan That is Not "Non-Stick"

Wash and dry when new. Add 1 inch vegetable oil to pan. Place over medium heat for 20 minutes. Pour off oil (oil may be saved and reused) and wipe with paper towels. If later it sticks, scour pan with salt and paper towel. If pan is used for other cooking, season each time before making an omelet.

French or Plain Omelet

(Makes 2 servings—use 8-inch pan)

3 eggs
3 tablespoons water or skim milk
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon margarine

Mix eggs, water, salt and pepper using fork, whisk or rotary beater. Do not over beat. Heat margarine in omelet pan or skillet which is hot enough to sizzle a drop of water. Pour in egg mixture. It should set at edges at once. Reduce heat. With a spatula or fork, carefully draw cooked portions at edges toward center, so that uncooked portions flow to the bottom. Slide skillet rapidly back and forth over the heat to keep mixture in motion and sliding freely. Keep mixture as level as possible. When eggs are set and surface still moist, increase heat for 2 or 3 seconds to brown bottom quickly. Lift the side nearest the skillet handle and fold about one-third of the omelet over the center. Slide omelet toward the outside of skillet and fold the outer edge over the center. Turn omelet onto a warmed plate with a quick flip of the wrist.

Herb Omelet

Add one teaspoon fresh snipped herbs or ¼ teaspoon dry herbs to ingredients of French Omelet before cooking. Try: basil, celery seed, chives, dill, marjoram, mint, parsley, chervil or tarragon.

Cheese Omelet

Add three tablespoons grated Swiss cheese or 3 tablespoons small cubes American cheese to ingredients of French Omelet before cooking. Additional cheese may be sprinkled on omelet before serving.

Mushroom Omelet

Make French Omelet as above and when the mixture is set on the bottom but still moist on top, spread the eggs with sautéed mushrooms, reserving some for the garnish. With a spatula, roll the omelet away from you and make the final roll by turning the omelet onto a serving dish. Garnish the top with the reserved mushrooms.

Sautéed Mushrooms

In a skillet saute ¼ pound thinly sliced mushrooms with ½ teaspoon lemon juice, ¼ teaspoon salt and pepper to taste in 1 tablespoon melted margarine over moderately high heat until they are done.

Seafood Omelet

Make French Omelet as above and when the mixture is set on the bottom but still moist on top, place two tablespoons of chopped cooked shrimp or canned flaked tuna or salmon in center of each omelet. Fold both sides over with spatula and serve.

Breakfast Meats and Fish

Creamed Chipped Beef

6 ounces dried or smoked dried beef (torn)
2 tablespoons margarine
2 tablespoons flour
1 cup skim milk
½ teaspoon Worcestershire sauce
Dash of pepper
4 slices toast

Soak beef in boiling water 1 minute to remove salt. Drain on paper towels and cook in margarine. Remove meat. Blend flour into margarine. Add milk all at once. Cook, stirring constantly, until thick and bubbly, gradually adding beef. Add Worcestershire sauce and dash of pepper. Spoon over dry toast. Makes 4 servings.

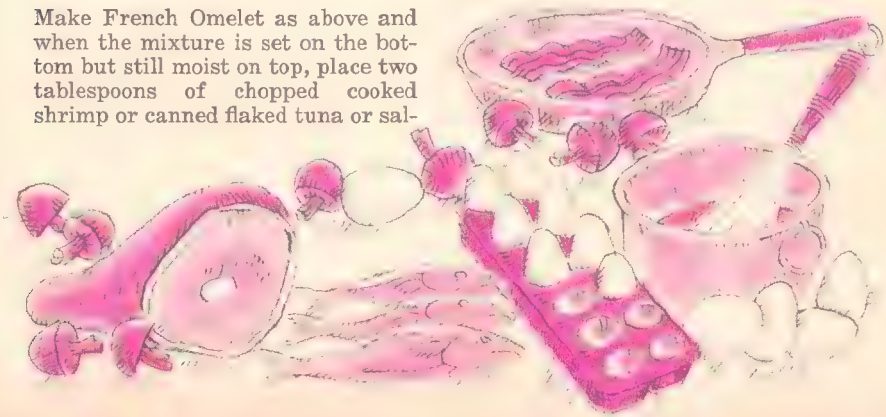
Bacon

Broiled

Broil it on a fine wire broiler or rack in a dripping pan about 5 inches from heat until crisp. Drain on absorbent paper.

Pan Fried

Pan fry by starting in a cold pan to keep it from curling.



Sausage

Broiled

Pour boiling water over small pork sausages and let them stand about 5 minutes. Drain sausages. Put in shallow baking pan and broil about 4 inches from heat turning occasionally until well browned on all sides.

Ham

Pan Fried

Slice precooked ham ¼ to ½ inch thick. Trim off fat and cook slowly in non-stick pan until brown on one side. Turn and brown on second side.

Frizzled

Lay boiled ham in non-stick pan. Pan fry quickly until edges curl and look crisp. Remove to hot platter.

Broiled Shad Roe

One roe for each serving
Margarine

Poach the roe in enough margarine to half cover it and cook covered over low heat about 20 minutes. Turn carefully and cook the other side about 5 minutes. It should be crisp on the outside and juicy inside.

Broiled Finnan Haddie

1 pound thick finnan haddie fillets
2 tablespoons margarine,melted
2 tablespoons finely chopped parsley

Broil haddie fillets until browned on both sides. Remove fillets to a pan and add enough boiling water to cover them. Let fish stand in the water for about 10 minutes. Drain fillets thoroughly and arrange on a heated platter. Pour melted margarine over the fillets and garnish with parsley. Serve with poached egg, if desired. Makes 4 servings.

Pancakes

1 egg
1¼ cups skim milk
2 tablespoons vegetable oil or margarine, melted
1¼ cups sifted flour
1 teaspoon sugar
2 teaspoons baking powder
½ teaspoon salt

Beat egg well, beat in remaining ingredients in order given. Bake on hot griddle. Makes 12 4-inch pancakes.

Blueberry Pancakes

Follow recipe above, carefully folding ½ cup drained fresh or frozen berries into batter.

Cottage Cheese Pancakes

2 eggs
12-ounce cottage cheese*
2 tablespoons margarine, melted
¼ cup flour
1 teaspoon sugar
Dash salt

Beat eggs until very light. Add cottage cheese, margarine, flour, sugar and salt; beat only until well blended. Bake on preheated, greased griddle. Serve with jelly, jam, frozen strawberries or peaches. Makes 4 servings.

Buttermilk Pancakes

Follow recipe for Pancakes, substituting buttermilk or sour milk for skim milk and adding ½ teaspoon baking soda.

Chicken Griddle Cakes

Follow recipe for Pancakes, adding ½ cup diced, cooked chicken to batter.

Orange Pancakes

Follow recipe for Pancakes, reducing milk to 1 cup and adding ¼ cup

*If creamed cottage cheese is used, omit salt and margarine.

frozen orange juice concentrate. Serve with warm Orange Sauce.

Orange Sauce

½ cup margarine, melted
1 cup sugar
½ cup frozen orange juice concentrate

Mix ingredients in saucepan. Bring to boil, stirring constantly. Serve warm. Makes 1½ cups.

Lemon Pancakes

2 cups sifted flour
2½ tablespoons sugar
1½ tablespoons baking powder
½ teaspoon salt
2 small egg yolks
2½ cups skim milk
2 tablespoons margarine, melted
Grated rind of 1 lemon
2 tablespoons lemon juice
2 egg whites, stiffly beaten

Sift together flour, sugar, baking powder and salt. Beat egg yolks until creamy and stir in milk, margarine, lemon rind and lemon juice. Stir into flour mixture using few strokes. Fold in egg whites thoroughly. Drop batter by tablespoons onto a hot greased griddle and bake until bubbly on surface. Turn and brown on other side. Serve with melted margarine and warm honey. Makes about 18 pancakes. Serve with frizzled ham.

Waffles

2 egg yolks
2 cups skim milk
4 teaspoons baking powder
2 cups sifted flour
¼ teaspoon salt
⅓ cup margarine, melted
2 egg whites

Beat egg yolks well. Stir in milk. Sift together dry ingredients; add melted margarine. Beat egg whites until stiff peaks form when beater is raised. Fold into batter. Bake in hot waffle iron. Makes 6 to 8 waffles.

Buttermilk Waffles

2 eggs
2 cups buttermilk or sour milk
1 teaspoon baking soda
2 cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
⅓ cup margarine, melted

Beat eggs well. Beat in ingredients in order given until smooth. Batter will be thin. Bake in hot waffle iron. Makes 8 waffles.

Pecan Waffles

Follow recipe for Waffles, adding 2 tablespoons broken pecans to batter before baking.

Toast

French Toast

2 eggs
⅔ cup skim milk
Small pinch salt
¼ teaspoon vanilla
8 slices day-old bread

Beat eggs, salt, vanilla; add milk. Dip bread into mixture and brown on both sides on hot, lightly greased griddle. If desired, bake slices on greased baking sheet in 500° F. (very hot) oven about 12 minutes. Serve hot with maple syrup, jelly, honey or sprinkle with confectioners' sugar. Makes 4 servings.

Upside-Down Orange French Toast

3 tablespoons margarine
3 tablespoons sugar
¼ teaspoon ground cinnamon
1 teaspoon grated orange rind
1 egg, slightly beaten
⅓ cup orange juice
¼ teaspoon salt
4 slices bread

Melt margarine in a 12-inch skillet. Stir in 2 tablespoons sugar, cinnamon and orange rind. Combine beaten egg, orange juice, remaining 1 tablespoon sugar and salt in a pie plate. Dip bread slices quickly into egg mixture, turning them to coat both sides. Arrange dipped slices on top of orange-sugar mixture in skillet. Cover and cook over low heat 10 minutes. Turn toast, adding more margarine, if necessary. Cover and continue cooking 10 minutes longer. Serve hot. Makes 4 servings.

Honey Milk Toast

2 tablespoons margarine
4 slices toast
2 tablespoons honey
⅛ teaspoon salt
1½ cups skim milk, scalding hot
Cinnamon sugar or nutmeg, if desired

Spread margarine on toast. Spread about ½ tablespoon honey over each slice and place in soup bowl. Add salt to hot milk and pour over toast. Sprinkle with choice of cinnamon sugar or ground nutmeg. Serve immediately. Makes 4 servings.

Cinnamon Toast

4 slices toasted bread
Margarine
½ cup sugar
2 tablespoons ground cinnamon

Spread hot toast with margarine. In paper bag, mix together sugar and cinnamon. Add toast and shake to coat. Serve immediately. Makes 4 servings.

Breakfast Quickies

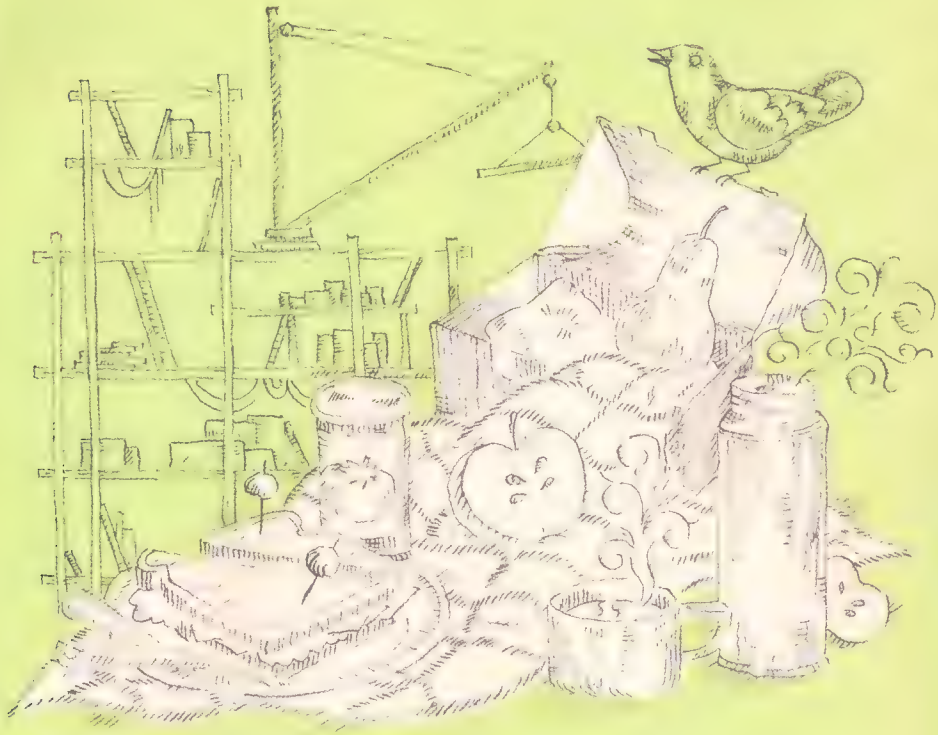
½ cup orange juice
English muffin with margarine
2 ounces cheese
Beverage

Canned or fresh sliced peaches on 2 ounces or ¼ cup cottage cheese
Beverage

Sliced bananas on cold cereal with skim milk
Beverage

½ grapefruit
One slice (two-ounce) meat (chicken, turkey or veal)
One hard-cooked egg
One slice toast with margarine
Beverage

Strawberries with skim milk
One cup instant or quick-cooking hot cereal with skim milk and sugar
Beverage



Lunch

Lunch affords the opportunity to get a respite from a hectic day's schedule. It is also an opportune time to eat with friends and share plans for your summer vacation or talk about the kids. Talking business or having a heated discussion over the luncheon table just seems like something to avoid. Overeating and the use of alcohol during lunch also are not wise. Eating a large luncheon meal causes an increase in the blood supply of the digestive organs and may be associated with a feeling of drowsiness a short time after eating; if a pre-lunch cocktail or a beer or two are taken with lunch, the effect is bound to be aggravated. Our motto—except for stevedores, construction workers and others who expend a lot of energy—is: Eat a light and "prudent" lunch; and take a walk before coming back to your office or household chores. Whether you pack a box lunch, eat in school or a restaurant, or make your own lunch at home, a portion of protein-rich food (such as lean meat, chicken or fish), with a moderate amount of carbohydrate and fat (as in a sandwich) make a good nutritional pattern. Dessert too should be light, preferably fruit or a low-calorie dessert (see page 59).

Soups

Mushroom Soup

1 cup chopped mushrooms
1 tablespoon chopped onion
¼ cup margarine
4 cups chicken stock, cubes, instant broth or canned
2 teaspoons sherry or Madeira
1 tablespoon margarine
3 tablespoons flour
1 cup milk
½ teaspoon salt
Dash pepper

Sauté mushrooms and onion in margarine, until onion is transparent. Add 3½ cups chicken stock and boil 20 minutes. Add sherry or Madeira. If desired, blend in a blender to make it smooth. To thicken, melt 1 tablespoon margarine and blend in flour until mixture is smooth. Add ½ cup chicken stock; add this to soup mixture. Stir in 1 cup milk, salt and pepper. Makes 4 servings.

Greek Lemon Soup

1 medium sized lemon
1 egg
6 cups chicken soup with rice (homemade or canned)

Squeeze lemon and strain the juice. Beat egg and very gradually add lemon juice, beating constantly. Prepare the soup, and simmer for 5 minutes. With a ladle, gradually add about 2 cups of hot soup to the egg-lemon mixture, stirring constantly. Pour the mixture slowly back into the soup. Heat over a very low heat 2 minutes, stirring continuously. Remove from heat and serve. Makes 4 servings.

Manhattan Clam Chowder

½ cup finely diced celery
½ cup chopped onion
¼ teaspoon thyme leaves, crushed
2 tablespoons margarine
1 10½-ounce can condensed tomato soup
1 soup can water
½ cup diced potatoes
½ cup finely diced carrots
1 7-ounce can minced clams and juice

Sauté celery, onion and thyme in margarine. Add tomato soup, water, potatoes, and carrots; cook covered 30 minutes. Add clams and juice and cook 10 minutes longer. Makes 4 servings.

New England Clam Chowder

¼ cup chopped onions
2 tablespoons vegetable oil
2 cups boiling water
1 cup diced potatoes
2 7-ounce cans minced clams and juice
2 cups milk
1½ teaspoons salt
Dash pepper
Chopped parsley

Cook onions in oil until transparent. Add water and potatoes; cook until potatoes are tender. Add clams and juice. Heat milk and add. Let stand for a few minutes to blend flavors. Season with salt and pepper. Sprinkle with chopped parsley. Makes 4 servings.

Chicken Soup

1 tablespoon margarine
½ cup chopped celery and leaves
¼ cup chopped onions
4 chicken fryer wings
Water
¾ cup diced potatoes
½ teaspoon salt
⅛ teaspoon pepper
1 envelope (.19 ounce) instant chicken-flavored broth mix
½ cup cooked peas
Water

Melt margarine in Dutch oven or in large heavy saucepot. Sauté celery and onion, stirring occasionally, about 5 minutes. Add chicken wings and enough water to cover. Simmer mixture for 1 hour 45 minutes, adding water as necessary. Stir in potatoes, salt, pepper and instant chicken-flavored broth mix; simmer 20 minutes longer or until potatoes are tender. Add peas and enough water to make 1 quart of soup. Heat. Makes 4 servings.

Gazpacho Soup

1 1-pound can stewed tomatoes
1 10½-ounce can beef broth
1 cup pared, chopped cucumbers
1 cup chopped celery
1 cup sliced onions
2 tablespoons lemon juice
1 small clove garlic, chopped
Dash pepper

Combine all ingredients. Simmer 10 minutes. Chill. Makes 4 servings.

Bouillabaisse

1½ pounds fillet of red fish
2 soft shell crabs
¼ pound shrimp
¼ pound scallops
1 small lobster tail
½ cup vegetable oil
1½ tablespoons flour
½ cup chopped onions
½ cup chopped celery
1½ cloves garlic
1½ cups stewed, canned tomatoes, chopped
2 cups water
½ cup dry white wine
1 bay leaf
1½ tablespoons finely chopped parsley
¼ teaspoon saffron
⅛ teaspoon cayenne pepper
1 teaspoon salt
4 slices bread, spread lightly with margarine sprinkled with cheese and toasted under the broiler

Sauté all seafood in ¼ cup oil until half done, stir in flour, remove from heat and put aside. Sauté onion, celery and garlic in remaining oil. Add tomatoes and cook 5 minutes. Add water and remaining ingredients except cheese toast and simmer a few minutes before adding all seafood. Cook 10 minutes longer and serve with cheese toast on top. Makes 4 servings.

Garnishes for Soups

A pretty or unusual garnish gives a plain bowl of soup a party flair.

Try lemon slices, snipped parsley or chives in clear soups; slivered toast-

ed almonds, croutons, shredded cheese, snipped parsley or chives, shredded chipped beef on cream soups.

Luncheon Salads

Basic Aspic Salad

1 tablespoon unflavored gelatin turns
2 cups liquid to a gelatin

Soak 1 tablespoon unflavored gelatin in ¼ cup cold water. Dissolve it in ¼ cup boiling stock. Add to this:

1½ cups cold stock or
1¼ cups stock and ¼ cup tomato juice
2 tablespoons vinegar or 1½ tablespoons lemon juice
Salt
Paprika
Celery salt
½ teaspoon sugar

Chill and when slightly thicker than unbeaten egg whites, stir in 1½ to 2 cups solid ingredients. Pour aspic into a wet mold and chill until firm. Makes 4 servings.

Tomato Aspic Salad

1 3-ounce package lemon flavored gelatin
1 cup boiling tomato juice
½ cup chopped celery
¼ cup chopped onion

Dissolve gelatin in hot tomato juice. Cool until mixture is slightly thicker than unbeaten egg white. Stir in celery and onion. Chill until firm. Makes 4 servings.

Chef Caesar Salad

1 or 2 garlic cloves
½ cup vegetable oil
2 quarts salad greens, in bite-size pieces
1 cup slivered cooked ham
1 cup slivered cooked chicken or turkey
1 cup slivered Swiss cheese
1 or 2 tomatoes, cut in wedges
1 2-ounce can anchovies
Salt and pepper
Juice of 1 lemon
1 egg, uncooked or coddled
1 cup croutons

Place garlic in small bowl, crush with back of spoon, add oil; let stand 1 hour. Arrange salad bowl with greens, ham, chicken, cheese and tomatoes. Add anchovies and garlic-flavored oil; sprinkle with salt and pepper. Toss to blend lightly. Add lemon juice and egg, toss again until egg disappears. Add croutons. Makes 4 to 6 servings.

Chef's Salad

1 head romaine or chickory lettuce
1 small cucumber, thinly sliced
¼ cup minced onion
2 small tomatoes, quartered
French or Russian dressing
1 hard-cooked egg, cut in wedges
3 thin slices precooked ham, cut into thin strips
3 slices Swiss cheese, cut into thin strips

Tear greens into bite-sized pieces. Toss with cucumber, onion and tomato wedges. Divide into 4 portions and pile on center of individual salad plates. Sprinkle with a little French or Russian dressing. Arrange egg and strips of meat and cheese alternately over the lettuce. Sprinkle with salad dressing. Makes 4 servings.

Waldorf Salad

3 cups diced apples
1 cup diced celery
½ cup chopped walnuts
⅓ cup mayonnaise
Walnut halves
Cherries

Mix apple, celery and nuts, toss with mayonnaise. Arrange on lettuce leaves. Garnish with walnuts and cherries. Makes 4 servings.

Lentil Salad

1½ cups dried lentils
2 teaspoons salt
2 small onions
¾ cup vegetable oil
⅓ cup vinegar
½ teaspoon pepper
¼ teaspoon dry mustard
Pinch of thyme
1 teaspoon salt
1 bunch of watercress or chicory, optional

Soak lentils in water overnight. Drain and place in a kettle with 1 teaspoon salt, 1 small peeled onion, and cold water to cover. Bring to boil, reduce heat and simmer until lentils are soft but not mushy. Start testing them after 20 minutes.

Drain lentils, discard onion. Mix oil, vinegar, pepper, mustard, thyme, and salt. Pour over lentils. Chill well.

When ready to serve, line salad bowl with washed greens. Chop one small onion or 2 scallions and toss with the lentils. Place lentils on a bed of greens. Makes 4 servings.

Tuna Chef's Salad

Salad greens
1 7-ounce can tuna, drained
8 mushrooms, thinly sliced
1 hard-cooked egg, sliced
2 teaspoons drained capers
Salad dressing

Break washed, dried and crisped greens into bite-size pieces and place in bowl. Crumble tuna into coarse pieces and scatter over greens with the remaining ingredients. Chill until serving time. Spoon favorite salad dressing over the salad, toss and serve immediately. Makes 4 servings.

Shrimp Salad

1 pound shrimp, cooked, cleaned and diced
2 large stalks celery, diced
1 white onion, minced
2 hard-boiled eggs, diced
Salt and pepper
2 tablespoons lemon juice
⅓ cup mayonnaise
4 fresh tomatoes
Lettuce

Toss together shrimp, celery, onions, egg, seasonings, lemon juice and mayonnaise. Quarter tomatoes and place each in lettuce bed. Arrange salad on tomato. Makes 4 servings.

Salad Dressings

Mayonnaise

1 egg yolk
1 teaspoon prepared mustard
½ teaspoon salt
Pinch pepper
½ teaspoon sugar
Pinch cayenne pepper
1 cup vegetable oil
Juice of ½ lemon

Chill egg yolk, bowl and wire whisk. Use a bowl with a small rounded bottom. To prevent bowl from spinning, place it on a wet paper towel. Combine the first six ingredients and mix well with a wire whisk. Add oil, drop by drop at first, to mixture while beating continuously. As mixture thickens, oil can be added in a slow, steady stream. Mix in the juice of half lemon. Store covered in refrigerator. Makes 1 cup.

Chive Mayonnaise

Add 2 tablespoons finely cut chives to 1 cup mayonnaise. Makes 1 cup.

Russian Dressing

Add ¼ cup chili sauce to 1 cup mayonnaise. Blend thoroughly. Makes 1¼ cups.

Thousand Island Dressing

¼ cup chopped pimentos
⅓ cup chili sauce
¼ cup chopped pickles
¼ cup chopped olives
1 teaspoon grated onion
½ cup mayonnaise

Stir pimentos, chili sauce, pickles, olives and onion into mayonnaise. Makes about 1¾ cups.

French Dressing

1 cup vegetable oil
⅓ cup wine vinegar
1 garlic clove, halved
1 tablespoon sugar
1½ teaspoons salt
1 teaspoon paprika
½ teaspoon dry mustard
¼ teaspoon coarsely ground black pepper

Measure all ingredients into a jar with a tight-fitting cover. Cover and shake well. Let stand several hours. Remove garlic. Shake thoroughly before using. Makes 1½ cups.

Quick Roquefort or Bleu Cheese Dressing

½ cup French Dressing
¼ cup crumbled Roquefort cheese

Combine French Dressing and cheese in a jar and shake well. Makes ¾ cup.

Creamy Low Calorie Dressing

1½ cups cottage cheese
2 tablespoons ketchup
2 tablespoons chopped onion
¼ cup chopped green pepper
½ teaspoon salt
½ 10½-ounce can condensed tomato soup

Whip or blend cottage cheese until smooth. Add remaining ingredients and mix well. Makes 2 cups.

Sandwiches

(Can Be Made From Leftovers)

Meat Filling

2 tablespoons chili sauce
¼ cup mayonnaise
1 cup ground cooked lean meat (beef, lamb, pork or veal)
½ cup minced celery
1 tablespoon grated onion

Mix meat with celery and onion. Stir chili sauce into mayonnaise. Makes enough filling for 4 to 5 sandwiches.

Egg Salad

4 hard-cooked eggs, chopped
½ cup diced celery
1 tablespoon chopped pimento
½ cup mayonnaise
½ teaspoon salt
¼ teaspoon pepper

Combine all ingredients. Makes enough salad for 4 sandwiches.

Variations for Egg Salad

Add ¼ cup chopped stuffed olives to egg salad. Omit salt.
Add ¼ cup chopped sweet onion to egg salad.
Use ½ cup flaked canned salmon in egg salad. Cut salt to ¼ teaspoon.
Add ¼ cup crumbled crisp fried bacon to egg salad. Omit salt.

Tuna Salad

1 7-ounce can tuna, drained and flaked
½ cup diced celery
1 tablespoon minced onion
1 tablespoon lemon juice
¼ teaspoon salt
Pepper

Combine all ingredients and mix well for easy spreading. Makes enough salad for 4 sandwiches.

Chicken Salad

1 cup finely chopped cooked chicken
1 tablespoon lemon juice
⅓ cup minced celery
¼ cup mayonnaise
Salt and pepper

Sprinkle chicken with lemon juice. Combine chicken with celery and mayonnaise. Add salt and pepper and mix well. Makes enough salad for 4 sandwiches.

Peanut Butter Sandwiches

Mash 1 ripe banana; blend with ½ cup peanut butter; stir in ¼ cup crumbled crisp bacon. Makes enough for 4 sandwiches.

Also use apple slices, raisins, or apple butter with peanut butter.

Heartier Main Dishes

Tuna-Noodle Casserole

1 pound noodles
1 small onion, sliced thin
1 tablespoon margarine
1 7-ounce can tuna, drained and flaked
1 10½-ounce can condensed mushroom soup
Pepper to taste
Pinch of thyme

Cook noodles in boiling, salted water. Sauté onion in margarine until lightly browned. Place half the noodles in casserole, and spread with layer of onion slices, tuna and mushroom soup. Top with remainder of noodles, sprinkle with pepper and thyme. Bake in 325° F. (slow) oven about 30 minutes. Makes 4 servings.

Tuna-Potato Cakes

1 7-ounce can tuna, drained and flaked
1 teaspoon lemon juice
2½ cups cold, mashed potatoes
1 egg, beaten
1½ teaspoons skim milk
Salt and pepper
Flour
1 tablespoon margarine

Sprinkle tuna with lemon juice. Combine potatoes with tuna, lemon juice, egg and skim milk; add salt and pepper to taste; mix well. Shape into 8 patties. Dust with flour. Melt margarine in large skillet. Fry patties until lightly browned on both sides. Makes 4 servings.

Easy Seafood Newburg

2 10-ounce cans frozen shrimp soup, thawed
1 3-ounce can sliced mushrooms (do not drain)
1 tablespoon Worcestershire sauce
Dash Tabasco sauce or cayenne
½ cup cooking sherry
1 pound shrimp, cooked
1 6-ounce box frozen king crab (defrost and press all water from each piece)
Rice

Heat shrimp soup, mushrooms, Worcestershire sauce and Tabasco sauce in heavy saucepan; gradually add sherry. Add shrimp and king crab. Heat 5 minutes longer. Put in casserole and bake in 325° F. (slow) oven 30 minutes; serve over rice. Makes 4 servings.

Shrimp Creole

1 cup sliced onions
½ cup diced celery
1 clove garlic, minced
3 tablespoons margarine
1 tablespoon flour
1 teaspoon salt
1 teaspoon sugar
1 cup water
2 or 3 teaspoons chili powder
2 cups canned tomatoes
2 cups canned peas
1 tablespoon vinegar
2 cups cooked fresh or canned shrimp
4 cups cooked rice

Cook onions, celery and garlic in margarine in skillet over medium heat until tender. Stir together flour, salt, sugar and chili powder and ¼ cup water. Add to onions and celery. Add ¾ cup water, simmer, uncovered 15 minutes. Add remaining ingredients (except rice) and heat. To serve, pack rice in buttered 1-quart ring mold. Unmold on plate. Place Creole sauce in center and around rice. Makes 4 servings.

Cheese Lasagne

8 ounces Lasagne noodles, or any wide noodles
1 8-ounce can tomato sauce
1½ cups cottage cheese
½ teaspoon basil
1 teaspoon salt
¼ teaspoon Worcestershire sauce
¼ cup finely chopped onion
¼ pound processed American cheese, thinly sliced
2 tablespoons grated Parmesan or Romano cheese
½ cup buttered bread crumbs

Cook noodles in boiling salted water until tender; drain and rinse. Mix tomato sauce with the cottage cheese, basil, salt, Worcestershire sauce, and onion. Arrange alternate layers of noodles, American cheese and sauce mixture in greased 2½ quart casserole. Top with crumbs mixed with grated cheese. Bake in 375° F. (moderate) oven about 25 minutes. Makes 4 servings.

Stuffed Potatoes Oregano

2 large potatoes, baked
2 tablespoons soft margarine
1 cup creamed cottage cheese
¼ teaspoon oregano
Salt and pepper
Paprika

Cut potatoes in half lengthwise and scoop out potato. Mash or whip well. Beat in margarine, cottage cheese, oregano, salt and pepper. Heap mixture into potato shells; do not smooth tops. Sprinkle with paprika and bake in 375° F. (moderate) oven 15 to 20 minutes. Makes 4 servings.

Shrimp-Artichoke Casserole

1 15-ounce can of artichoke hearts
¾ pound cooked, cleaned shrimp
¼ pound fresh mushrooms or 1 3-ounce can
2 tablespoons margarine or butter
1 tablespoon Worcestershire sauce
¼ cup dry sherry
1½ cups cream sauce
Salt and pepper
Paprika
Parsley

Arrange artichoke hearts in a margarine-greased baking dish. Spread shrimp over the artichokes, slice the mushrooms and sauté in margarine for 6 minutes; add to baking dish. Mix Worcestershire sauce with sherry, cream sauce, salt and pepper; pour into baking dish, sprinkle top with Parmesan cheese and paprika, bake in 375° F. (moderate) oven 30 to 40 minutes. Serve hot, garnished with parsley. Makes 4 servings.

Swiss Fondue with Wine

1 clove garlic, cut in half
1 cup dry white wine
1 pound Swiss cheese, shredded
1½ teaspoons corn starch
2 tablespoons Kirsch
⅛ teaspoon nutmeg
Dash pepper
French bread, pulled into pieces

Rub inside of earthenware fondue dish with garlic. Pour in wine. Heat to boiling. Add shredded cheese gradually, stirring constantly, until melted. Blend corn starch with Kirsch and add to cheese mixture. Stirring constantly, bring to boil. Stir until mixture is smooth and thickened. Add seasonings. Lower heat. Serve over heat in warm dish. Use fondue forks to spear bread and dip. Makes 4 servings.

Miscellaneous

Toasted Bread Cubes

Arrange soft bread cubes on a baking sheet. Place baking sheet under a preheated broiler or in a slow oven and toast until cubes are golden brown on all sides, turning occasionally.

Uses: As croutons in soups. Mixed into salads. Garnish for casseroles.

Dry Bread Crumbs

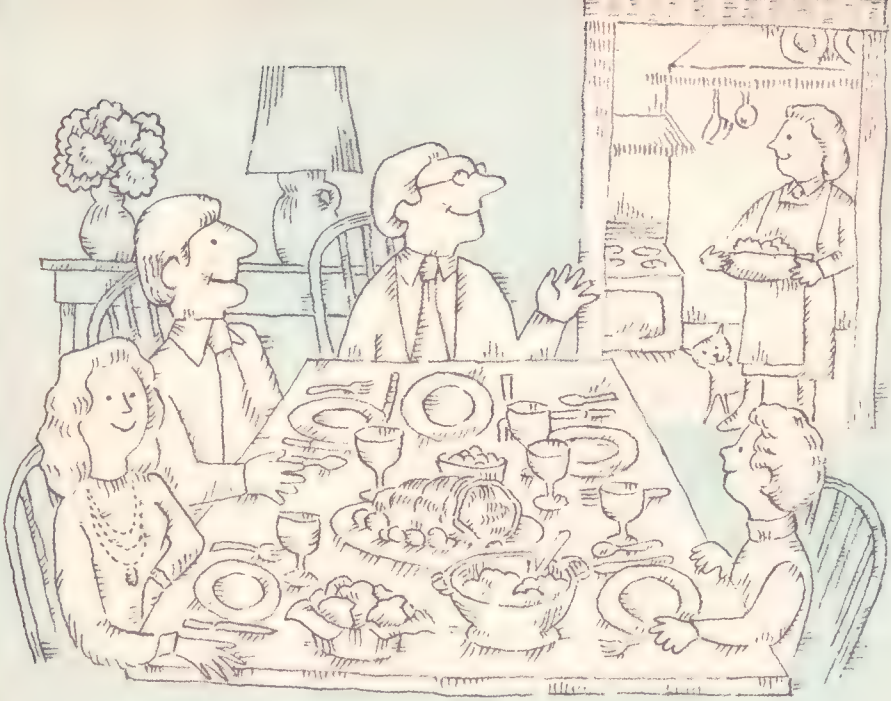
Put dry bread through a food chopper, using fine blade, or use electric blender. If fine bread crumbs are desired, sift the crumbs through a sieve. Store coarse dry, and fine dry crumbs in separate covered containers.

Uses: Add to barbecue sauces for basting. Use in stuffings for meat, poultry, fish and vegetable dishes. Sprinkle buttered crumbs over the top of casseroles. Sprinkle over dishes before browning in oven. Use as a coating for meat, fish, poultry and vegetables after dipping into egg or use alone; makes a crisp coating for fried foods. Use in puddings. Combine with fruits for pie topping.

Seasoned Crumbs

1 cup bread crumbs
¼ teaspoon salt
¼ teaspoon oregano
2 tablespoons grated Parmesan cheese

Toss together all ingredients. Makes 1 cup.



Dinner

Breakfast and lunch are very important meals, nutrition experts repeatedly say. And so does the New Metropolitan Cook Book. Still many people consider dinner the major meal of their day, a social highlight to be shared with relatives and friends.

Dinner can begin with an appetizer of Vitamin C-rich fruit or juice, particularly if this was skipped during the breakfast rush. A clear soup also is a good beginning, followed by a colorful tossed salad, well-doused with a polyunsaturated-rich vegetable oil dressing. The main course should be a protein-rich entree featuring chicken, veal, or fish, or lean beef, lamb, or pork. A satisfying portion need not exceed four to six ounces of meat even for the hefty men in the family. Dinner is also a chance to tempt everyone—even the younger set—with appetizing vegetables such as julienne stringbeans almandine or corn on the cob or asparagus served with a polyunsaturated hollandaise-type sauce.

Bread has its place at dinner just as it does at other meals. Whole grain or enriched bread should be a part of the daily food pattern even of those who are dieting because it contributes vitamins, minerals, carbohydrates and some protein.

Finally, dinner is the time to show how good a simple dessert can be. Fruit tarts garnished with low-fat whipped topping, a deep dish apple pie spiced with cinnamon and sugar, or fresh fruit—any one of these can be a splendid finale to the meal.

Meat

To take advantage of the best buys at the meat counter, you need to be aware of the many cuts of meat available and know how to use them in family meals. The economy of a cut depends on the amount of cooked *lean* meat it provides as well as its price per pound. Often the cut with a low price per pound is not the best buy in food value or in servings of meat provided. A high-priced meat with little or no waste may be more economical than a low-priced cut with a great deal of bone, gristle or fat. On the other hand, some expensive cuts may be heavily marbled with fat; less expensive cuts may be less fatty, and therefore more desirable nutritionally.

Meat Grades

Prime—highest grade, supply limited
Choice—highest grade commonly found in retail stores; meat bright red
Good—still excellent quality; darker red, less fat and marbling
Standard—very little marbling; good for braising and cooking in liquids
Commercial and Utility—lowest passable grade; very thin fat covering; usually sold as ground meat, frankfurters, bologna

How Many Servings Per Pound

Meat	Servings per Pound
Boneless (ground, stew or variety meat)	4-5
Cuts with little bone (beef round, or ham center cuts, lamb, or veal cutlets)	3-4
Cuts with medium amount of bone (whole or end cuts of beef round, veal leg or shoulder, bone-in-ham, loin, rump, rib or chuck roasts; steaks and chops)	2-3
Cuts with much bone (shank, brisket, plate, short ribs, spareribs, breast of lamb or veal)	1-2

Guides to Meat Cookery

Tender cuts of meat are best when cooked by a dry heat method, such as roasting, broiling, panbroiling and frying. Less tender cuts are made tender by cooking with moist heat as in braising and stewing. In general it is advisable to cook meat slowly. A meat thermometer is the most accurate guide to doneness. The thermometer should be inserted into the thick portion of the meat and the bulb should not touch bone or rest in fat.

Roasting

1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open shallow roasting pan.
3. Insert a meat thermometer through the outside fat into thickest part of muscle so point does not rest on fat or bone.
4. Add no water and do not cover.
5. Roast in a slow oven—325°F.
6. Roast to desired degree of doneness. There is no need to preheat oven.

Broiling

1. Turn oven regulator to broil or 550°.
2. Place meat on rack of broiler pan, 2 to 3 inches from the heat (greater distance for thick chops or steaks).
3. Broil until top side is brown.
4. Season with salt and pepper (not for ham or bacon).
5. Turn and brown the other side (a meat thermometer may be used to determine degree of doneness; for chops or patties it may be used in one of them).
6. Season and serve at once.

Pan Broiling

1. Place meat in heavy frying pan or on griddle. Cook slowly.
2. Do not add fat or water. Do not cover.
3. Turn occasionally.
4. Pour off or remove fat as it accumulates. If fat collects the meat will fry.
5. Brown meat on both sides.
6. Do not overcook. Season and serve at once.

Frying

Pan-fry

1. Use a heavy frying pan.
2. Brown meat on both sides in a small amount of vegetable oil.
   If meat has a coating of flour, meal or egg and crumbs it will need vegetable oil.
   If meat is low in fat such as liver or cubed steak, it will need additional fat.
3. Season with salt and pepper—if meat is cooked with a coating, the seasoning may be added to the coating.
4. Do not cover the meat.
5. Cook at moderate temperature until done, turning occasionally.

Deep-fat fry

1. Use a deep sturdy kettle and a frying basket, filling utensil no more than ⅓ full.
2. Heat fat to frying temperature, 350°-375°F., depending on size of the pieces and whether it is uncooked or leftover meat. An automatically controlled fryer is good.
3. Using the frying basket, lower a few uniform pieces of meat at a time gradually into the hot fat.
4. Brown meat and cook it through. No turning is necessary.
5. When done, drain fat from meat into kettle before removing meat from basket.
6. Strain fat through cloth and cool. Cover and store in refrigerator.

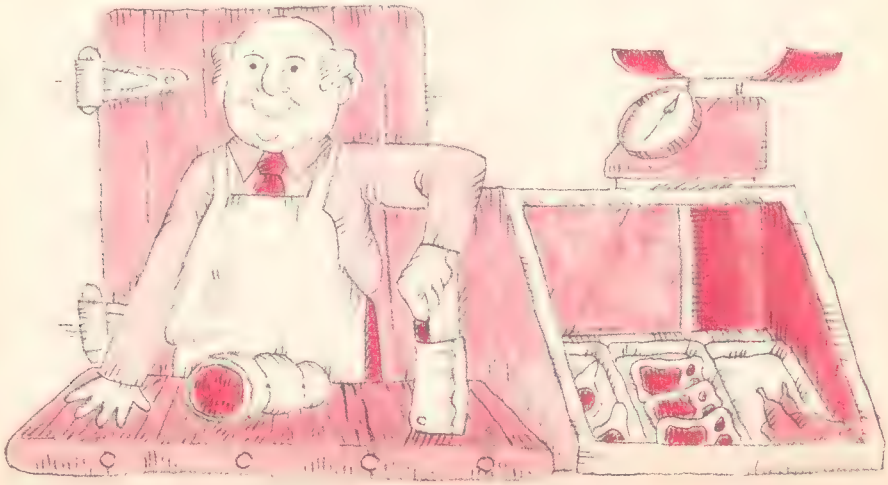
Add fresh oil, if necessary, each time oil is reused.

Braising

1. Brown meat slowly on all sides in heavy utensil.
2. Season with salt, pepper, herbs, spices and vegetables.
   Some suggestions: Bay leaves, thyme, marjoram, parsley, green peppers, celery and onion tops, garlic, cloves, tomatoes, chili sauce, catsup.
3. Add a small amount of liquid to less tender cuts, such as water, soup stock, vegetable juice or marinade.
4. Cover closely.
5. Cook at low temperature until tender.
6. Make sauce or gravy from liquid in the pan.

Stewing

1. Cut meat in uniform pieces—1- to 2-inch cubes.
2. To make a light stew, do not brown.
3. Add just enough water, vegetable juices or soup stock to cover the meat.
4. Season with salt and pepper, herbs and spices.
5. Cover kettle closely and simmer until meat is tender.
6. Add vegetables to meat at the proper time so as not to overcook them. Vegetables may be whole, quartered or sliced. Carrots, onions and potatoes and peas are standard vegetables.
7. When done, remove meat and vegetables to a pan or platter and keep hot.
8. Thicken the stock with flour using 2 tablespoons flour for each cup of stock.
9. Pour hot gravy over the meat and vegetables or serve separately.
10. If desired, make meat pie from the stew. A meat pie is a stew with a top on it. Top may be made of pastry, shortcake, biscuit, mashed potatoes or cereal.



How to Bake a Ham

Follow wrapper directions exactly, if given. If not, set oven for 325°. Place ham fat side up on rack in shallow roasting pan. Insert roast meat thermometer through fat side into center of thickest part. Do not let it touch bone. Bake required length of time (see chart). About ½ hour before ham is done remove from oven; pour off drippings. Peel off any rind left on ham. Score ham with a sharp knife, making diagonal cuts in both directions. Stud with whole cloves. Spread with any desired glaze. Return to oven to finish baking. Ham slices better if allowed to stand 20 minutes after removing from oven.

Country-Cured Hams

Smithfield or Tennessee-style hams need presoaking and boiling. Remove wrappings. Soak at least 24 hours in cold water to cover; drain. Place ham in large pot; cover with water; simmer, covered, until tender (about ½ hour per pound). Set oven for very hot, 450°. Remove skin; score fat; glaze. Bake 15 minutes. Slice paper thin to serve.

Glazes for Baked Ham

Orange-Honey: Combine ½ cup honey, ½ cup orange juice, and 1 cup light brown sugar; mix well.

Currant Jelly: Blend together 1 cup currant jelly, ½ teaspoon dry mustard, and 2 tablespoons prepared horseradish.

Cranberry: Fork whip 1 cup canned cranberry jelly with ½ cup light corn syrup.

Mustard: Combine 1 cup light brown sugar, ¼ cup prepared yellow mustard, and ½ teaspoon powdered cloves.

Timetable for Roasting

Cut	Minutes per Pound	Meat Thermometer Reading
Beef		
Rib Roast		
Rare	22-26	140°
Medium	26-30	160°
Well done	33-35	170°
Lamb		
Leg	30-35	175-180°
Shoulder, bone in	30-35	180°
Shoulder, boneless	40-45	180°
Pork		
Loin	35-40	185°
Shoulder Butt	45-50	185°
Whole Ham (smoked)	18-20	160°
Half Ham	25	160°
(Cooked, ready-to-eat hams require only 10 to 12 minutes per pound heating time—internal temperature of 130°.)		
Veal		
Leg or Loin	30-35	180°
Shoulder, bone in	35-40	180°
Shoulder, boneless	40-45	180°

Allow the longer number of minutes per pound for smaller roasts. Add approximately 10 minutes per pound for boneless roasts. (Times given are for meats taken chilled from refrigerator.) Frozen roasts may be cooked in the frozen state, or partially or completely thawed.

At least partial thawing is recommended, however, as it cuts down on the cooking time.

Poultry

5 Varieties of Chicken

1. **Rock Cornish Hens:** smallest, youngest of chicken family; about 1¼ pounds.
2. **Broiler-Fryer Chickens:** usually 9 weeks old; 1½ to 4 pounds.
3. **Roasting Chicken:** little older and larger; 3½ to 6 pounds.
4. **Hen, stewing chicken or fowl:** mature, less tender. 2½ to 5 pounds female has more fat. 5 to 8 pounds called bro-hens. Takes less time to cook than other stewing chickens, good for soups and stewing, chicken fricassee, etc.
5. **Capons:** young, desexed male chickens about 6 to 8 pounds; they are very tender, and are usually roasted.

Other Poultry

Turkey
small: 4 to 9 pounds
medium to large: 10 to 24 pounds

Ducklings
¾ to 1 pound per serving

Geese
1 to 1½ pound per serving

Squabs
young pigeons, 1 pound each

Guinea Hens
gamey flavor, tender but drier than chicken
1½ to 2¼ pounds each
one hen for 2 people

Roast Chicken Timetable

(for stuffed chicken)

Weight Stuffed	Total Hours (approximate)	Oven Temperature
3½ to 4 pounds	2 to 2¾	350°
4 to 5 pounds	2½ to 3	325°
5 to 6 pounds	3 to 3½	325°

Roast Chicken

Select a roaster weighing 3 to 5 pounds or a capon 4 pounds or more. Allow ⅔ to ¾ pound per serving ready-to-cook weight. Chill until cooking time.

Stuffing and Trussing: Stuff bird just before roasting. Rub inside with salt, allowing about ⅛ teaspoon salt per pound. Fill neck cavity lightly with stuffing (page 35); fasten neck skin to the back with skewers. Fold wings with tips under the bird. Pack body cavity loosely with stuffing. Lace opening with skewers and string. Tie legs to tail.

Roasting: Rub the skin generously with softened or melted unsalted fat. Place bird, breast side up, on a rack in a shallow baking pan or open roaster. Cover with a double thickness of cheesecloth dipped in melted fat. Roast in a preheated oven according to ROAST CHICKEN TIMETABLE. If cloth dries during roasting, moisten with pan drippings or additional melted fat. Bird is done when the meat on the fleshy part of drumstick feels soft when pinched between the fingers. Use paper toweling to protect the fingers.

Lemon-Fried Chicken

¼ cup lemon juice
¼ cup vegetable oil
½ teaspoon salt
¼ teaspoon powdered thyme
⅛ teaspoon pepper
1 2½ to 3½-pound fryer, cut in quarters
½ cup flour
¼ cup oil for frying

Combine lemon juice, oil and seasoning to make marinade. Pour over chicken. Be sure all chicken parts are in contact with marinade. Marinate for 1 hour in refrigerator. Drain chicken, dust with flour. Heat oil in heavy skillet. Place chicken in hot oil and fry until golden brown on all sides. Bake in 350° F. (moderate) oven about 30 minutes or until tender. Makes 4 servings.

Braised Chicken—Chinese Style

1 2½ to 3½-pound fryer, cut up
1 clove garlic, crushed
3 tablespoons vegetable oil
½ pound mushroom caps
2 tablespoons sherry
2 tablespoons soy sauce
½ teaspoon salt

Brown chicken and garlic lightly in oil. Add mushrooms, cover and cook 5 minutes. Add sherry, cook until almost entirely absorbed. Add soy sauce and salt. Cover and cook gently 20 to 30 minutes or until chicken is tender. Makes 4 servings.

Barbecued Chicken—Japanese Style

1 2½ to 3½-pound fryer, cut in quarters.

Marinade:
½ teaspoon rosemary or poultry seasoning
2 tablespoons white wine or lemon juice
⅓ cup soy sauce
¼ cup tomato catsup
2 tablespoons vegetable oil

Combine ingredients for marinade. Marinate fryer 1 to 2 hours. Barbecue over charcoal or broil in oven. Left over marinade may be stored in refrigerator and reused within short time. Makes 4 servings.

Chicken Cacciatore

1 2½ to 3½-pound fryer, cut up
½ cup vegetable oil
½ cup chopped green onion
½ cup chopped celery
2 cloves garlic, chopped
1 4-ounce can button mushrooms
1½ cups canned tomatoes, strained
½ 6-ounce can tomato paste
½ cup dry sherry
2 teaspoons sugar
Salt and pepper
2½ cups water
¾ pound spaghetti

Brown chicken pieces in oil over medium heat. Remove chicken; add onion, celery and garlic and fry slowly 15 minutes. Stir in mushrooms, tomatoes, tomato paste, sherry, sugar and seasonings. Add water and chicken; cook over low heat until chicken is tender. Cook spaghetti, then remove chicken from sauce and place in serving dish. Pour remaining sauce over drained spaghetti. Makes 4 servings.

Roast Turkey

1 6- to 8-pound turkey
Salt
Bread stuffing (see below)

Rinse bird and pat dry. Sprinkle large cavity with salt. Lightly spoon in stuffing. If opening has band of skin across tail, push drumsticks under tail. If not, close opening by placing skewers across it; lace shut with cord and tie drumstick to tail. Stuff wishbone cavity lightly; skewer neck skin to back. Place breast up on rack in shallow roasting pan. Cover loosely with foil. Roast, uncovered, in 325° F. (slow) oven 3½ to 4 hours. The last 45 minutes cut band of skin or string between legs and tail; uncover and continue roasting until turkey tests done.

Test for doneness by checking drumstick. It should feel very soft when pressed between fingers protected with paper towels, and drumstick should move up and down and twist easily in socket. Makes 6 servings.

Bread Stuffing

3 tablespoons chopped onion
3 tablespoons margarine, melted
6 cups slightly dry bread cubes
1 teaspoon salt
½ teaspoon pepper
½ teaspoon sage
½ cup chicken broth

Cook onion in margarine. Combine with remaining ingredients and toss lightly to mix. Makes 4 cups, enough for 1 6-pound turkey.

Roast Duck

1 3- to 5-pound duckling
Salt and pepper
2 teaspoons lemon juice
Orange stuffing (see below)

Pull out all the loose fat from cavity and from around inside the neck. Chop off the lower part of the wing. Sprinkle inside of duck with salt and pepper. Rub with lemon juice. Prick the skin all over to help fat escape during cooking. Stuff lightly with orange stuffing. Truss wings and legs to body. Roast, uncovered, in 450° F. (very hot) oven 15 minutes, reduce heat to 350° F. (moderate) and continue roasting for 1½ to 2 hours. Makes 4 servings.

Orange Stuffing

1 cup finely diced celery
¼ cup margarine
2 tablespoons grated orange rind
1 cup diced orange sections (3 medium oranges)

Cook celery in margarine until tender. Add orange rind and orange sections and toss. Makes enough stuffing for 1 3- to 5-pound duckling.

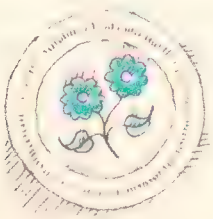
Roast of Veal

2-pound boned veal shoulder
½ teaspoon salt
½ teaspoon basil
¼ teaspoon freshly ground pepper
¼ cup thinly sliced onions
¼ cup thinly sliced carrots
2 tablespoons coarsely chopped celery
1 cup chicken broth
2 teaspoons lemon juice

Rub meat well with mixture of salt, basil and pepper. Place on rack in small roaster. Scatter onions, carrots and celery around veal. Roast, uncovered, in 325° F. (slow) oven basting every 15 minutes or so with drippings in pan. Roast 1½ hours. Bring chicken broth to rapid boil. Strain cooked vegetables and add to broth. Add lemon juice and serve this with the roast. Makes 4 to 6 servings.

Lean Meats

Lean meat recipes—it is often wise to trim the excess fat from meat and thereby trim excess calories while still enjoying a fine meal.



Meat Loaf

1 medium onion, chopped
3 tablespoons vegetable oil
½-pound ground round or other lean beef
½-pound ground veal
1 egg
⅓ cup bread crumbs or uncooked oatmeal
⅓ cup broth (a bouillon cube may be used)
1 teaspoon salt
½ teaspoon pepper
¼ teaspoon marjoram

Sauté onion in vegetable oil. Mix meat, egg, bread crumbs, broth and seasonings. Add onion, mix lightly. Shape mixture into loaf and bake, uncovered, in pan or skillet in 350° F. (moderate) oven about 45 minutes to 1 hour. Makes 4 servings.

London Broil

1 pound rump of beef
1 tablespoon soy sauce

Rub meat with soy sauce on both sides. Let stand 1 to 2 hours. Broil in preheated broiler to desired doneness. Slice thin in diagonal slices. Makes 4 servings.

Veal Scallopini

1½ pounds veal round steak
Salt and pepper
¼ cup flour
3 tablespoons vegetable oil
½ cup chicken broth
1 tablespoon finely chopped parsley

Place meat on chopping board between 2 sheets of waxed paper and pound with meat mallet until ¼-inch thick. Cut into 4 serving pieces. Salt and pepper each piece of veal on both sides. Coat with flour. Brown veal in vegetable oil about 3 minutes on each side. Remove to baking dish. Heat chicken broth until boiling and pour over veal. Cover baking dish and bake in 350° F. (moderate) oven 20 minutes or until veal is tender. Sprinkle with

chopped parsley and serve. May be served with hot buttered noodles. Makes 4 servings.

Veal and Peppers

3 green peppers—seeded and cut into 1-inch strips
1 red medium pepper seeded and cut into 1-inch strips
4 tablespoons vegetable oil
1-pound boneless veal (rump, shoulder or leg) cut into 1½-inch pieces
¼ pound mushrooms, sliced
1 cup tomatoes, canned, drained, slightly broken up (or ½ cup tomato puree)
Salt and pepper

Sauté peppers in 2 tablespoons oil for about 10 minutes. The brown or black spots that develop contribute to the good flavor of the dish. Remove peppers from pan. In the same pan, brown veal cubes in the remaining oil. Add mushrooms, cook about 10 minutes. Add tomatoes and peppers. Season with salt and pepper. Cover and bake in 325° F. (slow) oven about 1 hour. Makes 4 servings.

Veal Goulash

1 pound veal (shoulder or shank) cut in 1-inch cubes
Salt
Ginger
Flour
2 tablespoons vegetable oil
1½ cups beef or chicken broth
1 clove garlic (optional)
1 tablespoon sherry

Season veal with salt and ginger. Dip into flour to coat each piece thoroughly. Brown veal in the hot oil. When well browned, add the stock and garlic. Cover and cook slowly until veal is tender, about 1 hour. (This goulash can be successfully baked in the oven at 325° F. for about 1 hour.) When meat is tender, remove garlic, add sherry. If desired, thicken gravy by adding a mixture of 1 tablespoon flour and 2 tablespoons water. Cook a few minutes more. Makes 4 servings.

Variety Meats

Liver and Onions—Venice Style

4 large onions, coarsely chopped
1 tablespoon vegetable oil
½ teaspoon salt
1 pound calves or baby beef liver
2 tablespoons dry, white wine (optional)

Sauté onion in oil until golden. Sprinkle with salt. Cut liver into 1-inch cubes, discarding skin and veins. Add liver to onions, cooking and stirring a few minutes longer. White wine may be added just before serving. Makes 4 servings.

Shish Kebab

1 leg lamb, cut in 1½-inch square pieces with all fat removed
2 large white onions, sliced
2 green peppers, cut in squares
8 small white onions, peeled
2 tomatoes, cut in wedges

Marinade:
½ cup olive oil
¼ cup vinegar
2 tablespoons tomato paste
Oregano
Salt and pepper
Salad herb blend
Parsley

Mix ingredients for marinade. Add meat, sliced onion, green pepper, white onions and tomato. Let stand in refrigerator 3 to 4 hours or overnight. Put meat on skewers and broil over charcoal fire, turning skewers until meat is browned. Save sliced onions in marinade to serve with cooked meat. Broil peppers (peel cooked skins), small white onions and tomatoes, and swish around in pot, squeezing some of

the tomatoes. Serve with Rice Pilaf. (See page 51.) Makes 4 servings.

Note: It is best not to put vegetables with meat on same skewers as the cooking time differs.

Beef Sukiyaki

1½ pounds sirloin steak
2 tablespoons vegetable oil
¾ cup soy sauce
¾ cup sugar
¾ cup water
2 onions, thinly sliced
1 green pepper, chopped
1 cup chopped celery
1 8-ounce can bamboo shoots, drained and chopped
1 4-ounce can sliced mushrooms

Slice meat into thin diagonal strips, about 3 inches long, cutting across the grain. Heat oil in large skillet. Add meat and brown, turning frequently. Stir together soy sauce, sugar and water. Add ½ of this to the meat. Cover and simmer 10 minutes. Push meat to one side. Add onion, green pepper and celery. Cover and simmer 5 minutes. Add remaining sauce, bamboo shoots and mushrooms. Cover and cook 3 minutes longer. Makes 4 to 6 servings.

Irish Stew with Dumplings

2 tablespoons vegetable oil
1½ pounds boned lamb, cut in 2-inch cubes
1 teaspoon salt
⅛ teaspoon pepper
Boiling water
4 small carrots, cut in halves
½ cup diced celery
¼ cup diced onion
½ cup fresh or quick-frozen peas
1 teaspoon celery salt
Dumpling batter*

Heat oil in a large, heavy saucepan. Add lamb. Brown on all sides. Add salt, pepper, and enough water to just cover meat. Bring to boil; lower heat; simmer 1 to 1½ hours or until lamb is almost tender. Add vegetables and celery salt. Simmer 10 minutes longer. Add more salt and pepper, if necessary. Drop dumpling batter on stew by tablespoonfuls, being sure each spoonful rests on a piece of meat. Cook, uncovered, 10 minutes over low heat. Cover; cook 10 minutes longer. Makes 4 servings.

*Prepare 1½ cups biscuit mix according to directions on package for dumplings.

Hawaiian Vegetable Beef Pot Roast

¼ cup vegetable oil
3 pounds beef (round or rump)
¼ cup flour
1 1-pound can whole tomatoes, drained
1 large onion, sliced
4 stalks celery, chopped
1 clove garlic, minced
1 sprig thyme or ½ teaspoon dried thyme
1 small bay leaf
2 cups brown stock
1 teaspoon salt
¼ teaspoon black pepper

Heat oil in Dutch oven over medium heat. Add beef and brown well on all sides. Stir in remaining ingredients. Cover and simmer 2 hours or until meat is tender. Makes 10 servings.

Chili Con Carne

2 tablespoons vegetable oil
½ large onion, chopped
1 small green pepper, chopped
1 pound ground, lean beef
1½ cups canned tomatoes
1 10-ounce can condensed tomato soup
¼ teaspoon paprika
⅛ teaspoon cayenne
1 bay leaf
1 tablespoon chili powder
1 clove garlic, crushed
1 teaspoon salt
1 1-pound can kidney beans

Heat oil in 10-inch skillet. Add onion, green pepper and beef. Cook until brown, stirring occasionally. Add next 6 ingredients. Cover. Simmer about 1 hour, stirring occasionally. Add more water if mixture gets too thick. Combine garlic and salt; add with beans to meat mixture. Heat. Makes 4 servings.

Sauerbraten

1 cup red wine vinegar
1 cup water
1 medium onion, sliced
1 lemon, sliced
5 whole cloves
2 bay leaves
3 peppercorns
1 tablespoon salt
2 pounds beef rump or sirloin tip
3 tablespoons flour
2 tablespoons vegetable oil
3 tablespoons margarine
1 tablespoon sugar
5 gingersnaps, crushed

Combine first 8 ingredients; place meat in large, deep bowl; pour vinegar mixture over. Refrigerate 36 to 48 hours, turning meat once or twice each day. Remove meat; pat dry; rub lightly with a little flour; brown well on all sides in 2 tablespoons oil and 1 tablespoon margarine. Strain vinegar mixture; add 2 cups to meat; cover, simmer 3 hours. Melt remaining 2 tablespoons margarine; blend in 3 tablespoons flour and sugar; heat until rich brown. Add remaining strained vinegar mixture to meat; simmer 1 hour longer or until meat is tender. Remove meat. Stir crushed gingersnaps into gravy; cook until thickened. Makes 6 servings.

Meat Sauces and Accompaniments

Apple Sauce—Serve with pork.

Cranberry Sauce—Serve with poultry, pork or veal.

Currant Mint Sauce—Serve with ham, chicken or lamb. Add ⅔ glass of currant jelly, 3 or 4 drops of spearmint extract and gratings from an orange. Beat with fork until smooth.

Currant Mustard Sauce—Serve with ham.

Curry Sauce—Serve with poultry or veal. Make 1 cup thin white sauce (see page 44), add ½ teaspoon curry powder and a dash of onion.

Egg Sauce—Serve with fish. Make 1 cup thin white sauce, add 2 hard-cooked eggs, chopped, 1 tablespoon parsley, 1 teaspoon lemon or vinegar juice.

Spiced Currant Jelly Sauce—Serve with fish, meat and vegetables.

Mustard Mayonnaise—Serve with fish, meat and vegetables. Fold 4 teaspoons prepared mustard sauce into 1 cup mayonnaise dressing.

Worcestershire Dressing—Serve with steak or cold tongue. 12 tablespoons vegetable oil, 3 tablespoons vinegar, 1 teaspoon salt, ¼ teaspoon pepper and 3 teaspoons Worcestershire sauce. Mix well.

Fish

Fish dinners once were the specialty of America's seacoast and shores. Today there are such delicious quick-frozen fish, as well as canned fish to augment the supply of fresh fish, that families everywhere can enjoy this superb food, which is relatively low in fat. Moreover, the fat it contains is high in polyunsaturates.

Fresh Fish

Steaks—are cut crosswise from such fish as halibut, salmon and cod and are about ¾- to 1-inch thick.

Fillets—are sides or parts of fish, cut lengthwise and boned, with all or most of the skin removed.

Dressed whole—look for fish with red gills; scales that adhere closely to the body, bright bulging eyes; firm flesh; and fresh sweet odor.

To store fresh fish, wrap it in waxed paper, plastic or foil and refrigerate in the coldest section of refrigerator. Plan to use it the same day if possible.

Frozen Fish

Fillets and steaks—boned halibut, flounder, ocean perch, pike, cod, sole, etc. Thaw in refrigerator for an hour or two. Then broil, fry or bake.

Breaded fish portions—also called fillets, cutlets, steaks, burgers, etc.; equal-size portions of uncooked fish that have been dipped in batter and breaded before quick freezing. Fry, broil or bake while still frozen.

Heat and eat fish sticks—cleaned, cut into sticks, breaded and fried or left uncooked and then quick-frozen. Follow instructions on the package before serving.

Amount of Fish to Buy

Cut of fish	For 4 servings
Fillets	About 1½ pounds
Steaks	About 2 pounds
Whole	About 3 pounds

Timetable for Broiling Fish

Type of Fish	Distance From Heat	Broiling Time
Fillets (¼- to 1-inch thick)	2 inches	6 to 10 minutes (do not turn)
Steaks (½- to 1½-inches thick)	2 inches	6 to 18 minutes (turn once)
Whole (dressed)	If thin, 3 inches If thick, 5 to 6 inches	5 minutes on one side, 5 to 8 minutes after turning
Split	2 to 3 inches	6 to 12 minutes (do not turn)

Baked Fish

2 medium onions, sliced
6 tablespoons vegetable oil
1 1-pound can tomatoes
1 clove garlic, crushed
½ teaspoon paprika
Salt
Juice of ½ lemon
2 pounds fish (striped bass, red snapper, carp, mackerel or other fish)
Chopped parsley
Lemon slices

Sauté onion in 4 tablespoons of oil until golden brown. Add tomatoes, garlic, paprika, salt, lemon juice and remaining oil. Cook for about 20 minutes. Place fish in baking dish and cover with sauce. Bake in 400° F. (hot) oven approximately 30 minutes. Before serving, garnish with chopped parsley and lemon slices. Makes 4 servings.

Pan Fried Fish

1½ pounds fish (fillets of fish, small fish steak or small whole fish)
Salt and pepper
1 tablespoon lemon juice
Flour
¼ cup vegetable oil

Season fish with salt and pepper. Sprinkle with lemon juice. Dip fish lightly in flour. Heat oil in skillet. Cook fish until golden brown on both sides, about 10 minutes. Serve with tomato sauce, mayonnaise or tartar sauce. Makes 4 servings.

Poached Fish

1½ pounds fish (cod, halibut, salmon, whitefish, pike)
1½ teaspoons salt
2 cups water
1 medium onion, sliced
4 peppercorns
1 bay leaf
1 tablespoon lemon juice
1 tablespoon vinegar

Cut fish into serving pieces. Rub salt lightly on fish. Place fish in saucepan. Add water, onion and seasonings. Bring to boil, cover and cook gently for about 20 minutes or until fish flakes easily when tested with a fork (do not boil). Serve with horseradish or caper dressing. (Use mayonnaise mixed with grated horseradish or capers to taste.) Makes 4 servings.

Broiled Fish

Use whole flat fish, split fish, steak and fillets. Preheat broiler. Lightly dust fish with flour. Brush fish with vegetable oil and broil on well-oiled rack or aluminum foil boats. Fish will cook in 5 to 10 minutes. Do not overcook. Baste fish once or twice during broiling. Use lemon juice, wine or French dressing for basting.

Salmon Steak Baked in Wine

1½-pound fresh salmon steaks ½-inch thick
Salt and pepper
½ cup dry, white wine or dry sherry
1 clove garlic, peeled and sliced (optional)
2 tablespoons vegetable oil
Juice of ½ lemon

Place salmon steaks in baking pan, sprinkle with salt and pepper. Combine remaining ingredients and pour over fish. Bake in 400° F. (hot) oven about 15 to 20 minutes or until fish flakes easily when tested with a fork. This fish is good hot or cold. The same method of preparation can be used for many kinds of fish steaks and also for whole fish, adjusting cooking time to weight and thickness of fish. Makes 4 servings.

Tartar Sauce

To 1 cup mayonnaise add 1 tablespoon finely chopped onion, 2 tablespoons chopped dill pickle, 2 tablespoons chopped parsley, 1 tablespoon chopped stuffed olives. Makes about 1¼ cups Tartar Sauce.

Shrimps Scampi Style

1 pound large shrimps, shelled and deveined.
Marinade:
1 clove garlic, crushed
1 teaspoon salt
½ teaspoon dry mustard
¼ teaspoon pepper
2 tablespoons chopped parsley
3 tablespoons lemon juice
¼ cup vegetable oil

Combine ingredients for marinade. Add shrimp and marinate 1 to 2 hours. Broil with marinade 4 to 5 minutes about 4 inches from source of heat. Serve with rice. Makes 4 servings.

Curried Scallops

3 tablespoons vegetable oil
½ clove garlic, crushed (optional)
1 small onion, chopped
1 pound scallops
Flour
½ teaspoon salt
2 teaspoons curry powder
3 tablespoons dry white wine (optional)
Rice
Chopped parsley

Heat oil in skillet. Add garlic and onion, and sauté 3 minutes. Roll scallops in flour and add them to the pan; brown quickly on all sides. Add salt, curry and wine; blend well. Serve on cooked rice. Sprinkle with chopped parsley. Makes 4 servings.

Tip for Broiled Scallops

Preheat broiler covered with aluminum foil. Dip scallops in vegetable oil; roll in seasoned crumbs. Broil quickly. Do not crowd. Serve with tartar sauce (see recipe) and lemon wedges.

Baked Fillet of Sole

1 teaspoon salt
½ teaspoon pepper
⅛ teaspoon mace
⅛ teaspoon thyme
1½ pounds fillet of sole
⅓ cup dry vermouth (optional)
2 tablespoons lemon juice
2 tablespoons margarine, melted
3 tablespoons minced onion
1 4-ounce can sliced mushrooms
1 tablespoon margarine

Mix the first 4 ingredients. Sprinkle both sides of fish fillet with this. Put fillet in lightly greased shallow baking dish. Mix together vermouth, lemon juice and melted margarine. Pour over fillets. Sauté onion and mushrooms in margarine about 5 minutes. Sprinkle fillets with minced onion and mushroom slices. Bake in 350° F. (moderate) oven about 20 minutes or until fish is done. Makes 4 servings.

Shrimp Casserole

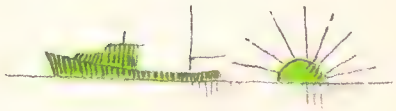
½ cup margarine, melted
3 tablespoons flour
½ teaspoon salt
1 teaspoon dry mustard
¼ teaspoon Tabasco sauce
1⅓ cups skim milk
3 tablespoons minced parsley
1 teaspoon lemon juice
½ teaspoon Worcestershire sauce
2 cups cooked shrimp, shelled and deveined
1 cup soft bread crumbs
2 tablespoons margarine (for crumbs)

Combine first 5 ingredients. Stir in skim milk. Cook, stirring constantly, until smooth and thick. Add parsley, lemon juice and Worcestershire sauce. Remove from heat. Pour over shrimp. Top with margarine crumbs. Bake in 375° F. (moderate) oven 15 minutes or until lightly browned. Makes 4 servings.

Shrimp with Green Pepper and Tomato

2½ tablespoons cornstarch
2½ tablespoons soy sauce
3 green peppers
1 pound fresh or canned tomatoes
¼ cup vegetable oil
Salt and pepper
1 teaspoon sliced ginger or ½ teaspoon ground ginger
1 clove garlic, crushed
1½ pounds shrimp, shelled and deveined
1¼ cups stock (beef, chicken, shrimp or vegetable)
4 scallions, cut in 1-inch pieces

Mix cornstarch and soy sauce in ¼ cup water and set aside. Cut each pepper diagonally into 8 pieces and parboil 5 minutes. Use the cooking water for part of the stock. Cut tomatoes into wedges, 6 to 8 pieces to each. Place oil, salt, pepper, ginger and garlic in hot skillet. Add shrimp, sauté 3 minutes. Add green peppers and stock, mix well and cook gently for about 8 minutes. Add starch mixture, tomatoes and scallions, and continue stirring carefully until juice thickens. Makes 4 servings.



Sauces For Meats, Fish, Vegetables

Cream Sauce *(Also called White Sauce and Bechamel Sauce)*

	Thin	Medium	Thick
Margarine	1 tablespoon	2 tablespoons	4 tablespoons
Flour	½ to 1 tablespoon	2 tablespoons	4 tablespoons
Salt	¼ teaspoon	¼ teaspoon	¼ teaspoon
White Pepper	⅛ teaspoon	⅛ teaspoon	⅛ teaspoon
Skim Milk	1 cup	1 cup	1 cup

Melt margarine over low heat. Blend in flour and seasonings and stir until mixture is smooth and bubbly, about 1 minute. Remove from heat and gradually stir in milk. Bring to boil, stirring constantly and boil 2 minutes or until smooth and thickened. Makes 1 cup.

Variations

Horseradish: Add 3 to 4 tablespoons well-drained prepared horseradish to each cup thick white sauce. Good with boiled beef.

Onion: Follow directions for medium white sauce, cooking 1 tablespoon grated onion in measured margarine about 2 minutes before adding flour. Good with vegetables.

Mustard: Add 1 to 2 tablespoons prepared mustard and 1 teaspoon each grated onion and paprika to each cup medium white sauce. Good with meats or fish.

Cheese or Mornay Sauce: Add ½ cup grated sharp Cheddar cheese or ¼ cup grated Parmesan cheese or 2 tablespoons grated Gruyere cheese to each cup medium white sauce; stir over low heat until cheese melts. Good with macaroni products.

Mock Hollandaise: Just before serving, beat 2 egg yolks, 3 tablespoons margarine, and 1 tablespoon lemon juice into 1 cup thick white sauce. Good with broccoli or asparagus.

Egg: Add 1 or 2 hard-cooked eggs, chopped or sliced, to each cup medium white sauce. Good with poached fish.

Tomato Sauce

1 onion, chopped
1 clove garlic, crushed (optional)
¼ cup vegetable oil
1 1-pound can tomatoes
1 bay leaf or sprig of sweet basil
½ teaspoon sugar
Salt and pepper

Sauté onion and garlic in oil about 5 minutes; add tomatoes, bay leaf or basil, and cook until slightly thickened, about 45 minutes. Add sugar, salt and pepper; stir thoroughly. Simmer 15 minutes. Makes 2 cups.

Serve this sauce with meat loaf, fish, zucchini, eggplant, green peppers, spaghetti, rice or noodles.

Curry Sauce

¼ cup chopped onion
¼ cup vegetable oil
1 medium, peeled, chopped tart apple
2½ tablespoons flour
½ to 1 teaspoon curry powder
1 cup skim milk
1 cup broth (chicken, beef, shrimp or vegetable)
1 tablespoon lemon juice

Sauté onion in oil over medium heat. Add apple and cook until tender. Stir in flour and curry powder. Gradually stir in skim milk, broth and lemon juice. Bring to boil and boil 2 minutes. Makes about 2 cups sauce.

Barbecues

Barbecue Sauces

There are two types of barbecue sauces: marinades, in which foods are marinated before cooking; and bastes, sauces brushed or sprinkled on foods while they cook. Marinades are usually thin sauces, well seasoned, and containing lemon juice, wine, or vinegar. Bastes usually contain some oil or fat to keep foods from drying out while cooking. Any marinade can be turned into a basting sauce by adding some oil to it.

Soy Marinade

(especially good for pork, shellfish and chicken)

1 cup soy sauce or shoyu
1 cup dry sherry (optional)
1 cup vegetable oil
Garlic and/or grated ginger (optional)

Combine ingredients. Makes 3 cups sauce.

Quick Marinade

1 ½ cups lemon juice or vinegar
½ teaspoon each, thyme, rosemary and tarragon (or other favorite herb combination)
1 ½ cups vegetable oil

Combine ingredients. Makes 3 cups.

Spicy Baste

¾ cup vegetable oil
1 cup wine vinegar
¼ cup water
¼ cup sugar
2½ teaspoons salt
2 teaspoons Tabasco sauce
1 teaspoon Worcestershire sauce
Small bay leaf

Mix all ingredients together. Bring to boil, and keep warm while using. Stir well before each use. Makes about 2¼ cups sauce.

Tomato Baste

½ cup vegetable oil
1 cup ketchup
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
2 tablespoons sugar
½ teaspoon salt
Few grains pepper

Combine all ingredients in saucepan. Simmer 5 minutes. Keep warm while using, and stir well before each use. Makes 1¾ cups sauce.

Cheese Baste

(especially good for chicken)

1 cup vegetable oil
½ cup crumbled Bleu or Roquefort cheese
1 cup lemon juice
½ teaspoon paprika
Salt and pepper

Combine all ingredients. May be stored, well covered, in the refrigerator. Shake or beat well before using. Makes about 2½ cups sauce.

Jumbo Hamburgers

Ground lean beef
Grated fresh onion or onion powder
Salt
Black pepper
Basting sauce (see above)

Choose a lean cut of prime or choice grade beef—top round, sirloin, or boneless rump—and have it ground once. Allow ¼ pound of beef for each hamburger. Divide the meat, handling it gently, into the number of burgers wanted. Then divide each burger in half and pat each half into rounds about 1 inch thick. Season one round with salt, black pepper (freshly ground is best), grated fresh onion or onion powder. Top with second round and pinch edges to seal. Brush each side with basting sauce. Grill about 3 inches from hot coals. For rare hamburgers allow about 5 minutes for first side, turn, and cook about 5 minutes more.

Barbecued Chicken

Choose ready-to-cook broilers or fryers (not more than 2½ pounds each), allowing ½ chicken per serving. Have chickens split so that the birds lie flat. Brush with basting sauce (below) or favorite barbecue sauce. Place chickens on grill, skin side up, about 3 inches from medium coals, higher if coals are hot. Grill until lightly brown (about 15 minutes) brushing underside with sauce every few minutes. Turn skin side down and grill about another 10 to 15 minutes, again basting frequently.

Young turkeys, averaging 4 to 5 pounds, can be split and grilled the same way, allowing more time for cooking.

Basting Sauce for 2 Chickens

¼ cup wine vinegar
⅓ cup fresh lemon juice
⅓ cup vegetable oil
Salt and pepper
Any herb seasoning preferred (tarragon, rosemary, thyme)

Combine all ingredients. Makes about 1 cup sauce.

Barbecued Steak

A steak, at least 1½ inches thick, cut from prime or choice grade beef, is best for outdoor broiling. Choose sirloin, porterhouse, club or tenderloin, allowing ½ pound per serving for boneless cuts and ¾ to 1 pound for boned steaks. If a porterhouse is chosen, have the butcher grind the tail and use it as you would hamburger.

Trim excess fat from steak to prevent drippings from blazing up. Brush each side with barbecue sauce. Sear steak on both sides close to hot coals. Then raise grill to height of medium heat. Salt and pepper steak after searing. A 2-inch steak, rare, takes about 15 minutes after searing—8 minutes on one side and 7 minutes on the other. To determine if steak is done, make a small incision near the bone. Serve at once.

Skewer Cooking (Kebabs)

There are many variations of "kebabs." Almost any food—meat, fish, poultry, vegetables, even fruits—in any combination you like—can be skewered for grilling. Here are foods frequently used and a few general directions.

Directions:

Cut meats and fish into 1- to 1½-inch cubes. Meats and seafood may be marinated for several hours before cooking.

Alternate chunks of meat or fish on skewer with one or more vegetables or fruits, being careful to leave enough room between the pieces so that the heat can reach all sides.

Cook over a hot fire close to coals, turning often. Fish usually needs 5 to 10 minutes, meats about 15 minutes.

Vegetables

Corn: Grilled in its husks, corn is the most popular vegetable for cookouts. To prepare it, strip back the husks without breaking them off, remove the silk, pull the husks back over the ear and tie their ends together. Then soak the prepared corn in cold water for 30 minutes or more before grilling. Roast over a hot fire 10 to 15 minutes, turning each ear several times.

Onions: Medium-sized yellow onions, roasted in their skins, are also easy and good. Allow about 30 minutes over medium hot coals, turning several times. Test for softness with a fork or skewer. They can be roasted in the same way in the kitchen oven, medium heat, with a pan or foil beneath them to catch any drippings.

Potatoes

White baking potatoes, yams, or sweet potatoes can be buried right in the coals. Allow about 45 minutes or more for baking potatoes, testing them for softness with a fork.

Vegetables

Preparing Vegetables

Asparagus—Wash and scrape off scales and break off stalks. Cut up and cook, covered, in small amounts of boiling salted water 8 to 10 minutes.

Beans—Green or Wax—Wash and remove ends and strings. Cook whole or cut in 1-inch pieces or slit lengthwise, in small amount of boiling salted water 10 to 12 minutes.

Beets—Cut off stems, wash and scrub. Do not pare. Cook, covered, in boiling salted water 35 to 50 minutes. Peel when done.

Broccoli—Remove outer leaves and tough part of stalk. Tie stalks in bundle—using folded strip of foil. Stand in 1-inch boiling salted water. Cover and cook 15 to 20 minutes.

Brussels Sprouts—Cut off wilted leaves and wash thoroughly. Cook, covered, in small amount of salted water 10 to 12 minutes.

Cabbage, Green—Remove wilted outer leaves. Cook, covered, in small amount of boiling salted water 10 to 12 minutes.

Carrots—Wash and pare. Leave whole, slice, or cut in quarters and cook, covered, in small amount of boiling salted water 15 to 20 minutes.

Cauliflower—Wash and leave whole or separate into flowerets. Cook, covered, in small amount of salted water 15 to 20 minutes.

Celery—Cut off leaves, scrub thoroughly. Slice and cook, covered, in small amount of boiling salted water 10 to 15 minutes.

Chard, Swiss—Wash thoroughly and cook, covered, in very small amount of boiling water 5 to 8 minutes.

Corn—Remove husks from fresh corn. Remove silks. Rinse. Cook whole in enough boiling salted water to cover, 6 to 8 minutes.

Eggplant—Wash, pare and cut in ½-inch slices. Dip in flour or cornmeal and brown slowly in small amount of hot vegetable oil about 4 minutes.

Lentils, Dried—Wash. Add 2½ times as much water as lentils and simmer, covered, about 35 minutes.

Onions—Peel onions under water, slice and cut in quarters or leave small onions whole. Cook, covered, in small amount of boiling salted water 25 to 35 minutes.

Peas, Green—Shell and wash and cook, covered, in small amount of boiling salted water 25 to 30 minutes.

Potatoes—*New*—Scrub thoroughly and cook in boiling salted water 15 to 20 minutes.

Mature—Scrub well and cook whole with skins or pared 20 to 30 minutes.

Spinach—Cut off roots and wash several times. Cook, covered, with small amount of water, turning occasionally, 3 to 5 minutes.

Squash—Zucchini—Wash and slice thin. Cook, covered, in small amount of boiling salted water 10 to 15 minutes.

Tomatoes—Wash and plunge in boiling water, then cool in cold water. Peel, cut out stems. Cut up and cook slowly, covered, without added water 10 to 15 minutes. Season with salt, pepper, and sugar.

Turnips—Wash and pare thinly. Slice and cook, covered, in small amount of boiling salted water 15 to 20 minutes.

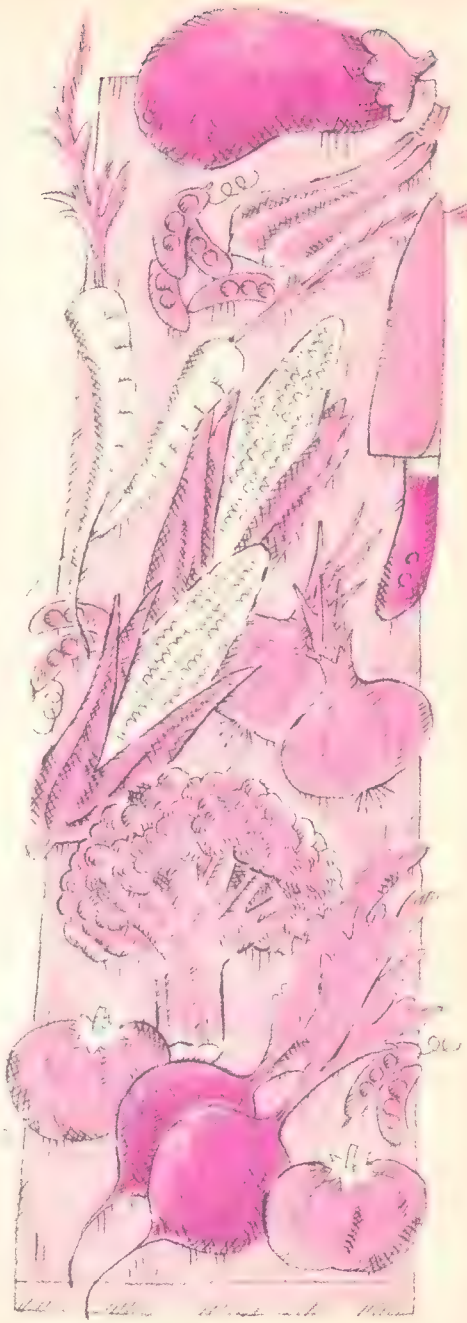
Sautéed Spinach

1 pound spinach
½ teaspoon salt
2 tablespoons vegetable oil

Remove roots and tough stalks of spinach, wash thoroughly and drain well; heat oil in skillet or pan, add spinach and salt; sauté, uncovered, about 5 minutes, stirring carefully with a large fork. Makes 4 servings.

To Sauté Other Vegetables: Asparagus, Brussels sprouts, cabbage, carrots. Cut asparagus stalks diagonally into 1-inch sections; leave tips whole. Peel stems of broccoli, cut diagonally into 1-inch sections; and slice each floweret into 2 or 3 pieces. Cut Brussels sprouts in half or quarters. Slice or shred cabbage thin, as for slaw. Slice carrots about ¼-inch thick.

For 1 pound vegetables, heat 2 tablespoons oil in skillet or pan. Add the vegetable. Sauté for about 3 minutes. Add 2 to 3 tablespoons water and ½ teaspoon salt. Cover. Cook vegetable about 5 to 15 minutes longer. Add a bit more water if vegetable becomes dry.



Harvard Beets

1½ tablespoons margarine
1½ tablespoons flour
¼ cup beet liquid from can
¼ cup brown sugar, firmly packed
⅓ cup vinegar
½ teaspoon salt
Few grains pepper
⅛ teaspoon ground cloves
2 cups sliced beets

Melt margarine; add flour; blend. Add beet liquid; cook until thickened, stirring constantly. Add brown sugar, vinegar, salt, pepper and cloves; stir until sugar dissolves. Drain beets; add. Heat thoroughly. Makes 4 servings.

Glazed Carrots

8 small carrots, pared
1 tablespoon lemon juice
¼ cup brown sugar, firmly packed
⅓ cup water
½ teaspoon salt
2 tablespoons margarine

Cut carrots in fourths, lengthwise; place in heavy skillet. Add remaining ingredients; cover; cook over low heat, turning often until tender and glazed. Makes 4 servings.

Eggplant, Tomato, Green Pepper and Zucchini Casserole

⅓ cup vegetable oil
2 cloves garlic, minced
1 small eggplant, pared and diced
½ pound zucchini, sliced
2 medium onions, thinly sliced
1 green pepper, seeded and sliced
4 medium tomatoes, peeled and sliced
Salt and pepper
1 teaspoon oregano
1 teaspoon sugar

Heat oil in a large ovenproof skillet and sauté garlic, eggplant, zucchini, onion and green pepper until just tender, but still firm. Season with salt, pepper, sugar and oregano. Place tomato slices on top. Bake in 375° F. (moderate) oven 15 to 20 minutes or until tomatoes are heated and tender. Makes 4 servings.

Chopped Eggplant—Bulgarian Style

1 eggplant (1½ pounds)
2 tablespoons vegetable oil
1 clove garlic, peeled and crushed
Salt and pepper

Broil eggplant on aluminum foil covered broiler pan under medium flame until tender and skin blackened. This requires 15 to 20 minutes. Turn often. Remove skin; mash pulp. Add oil, garlic, salt and pepper. Mix well. Chill well before serving. Makes 4 servings.

Broiler "French Fries"

Cut 4 medium potatoes, washed and pared, into strips ¼-inch thick. Dry well and place in broiler pan. Add 2 tablespoons vegetable oil and stir to coat potatoes.

Broil potatoes 3 inches from heat 10 to 15 minutes, stirring frequently until golden brown on all sides. Season with salt and pepper and serve. Makes 4 servings.

Mashed Potatoes

Boil and mash 4 medium potatoes. Add 2 tablespoons margarine, 1 teaspoon salt and ⅓ cup hot milk. Beat until creamy. Makes 4 servings.

Baked Potatoes

Wash and scrub 4 even-sized potatoes. Dry and grease with margarine. Puncture skin with fork. Bake in 425° F. (hot) oven 40 to 60 minutes or until done. Makes 4 servings.

Rice Pilaf

3 tablespoons chopped onion
2 tablespoons margarine
1 1-pound can whole tomatoes, drained
3 stalks celery, finely chopped
⅓ teaspoon salt
¼ teaspoon paprika
⅔ cup rice
2 cups boiling salted water

Sauté onion in margarine. Add tomatoes, celery, salt and paprika. Add rice and stir. Place in casserole. Add boiling water and cover. Bake in 375° F. (moderate) oven about 20 minutes. Serve at once. Makes 4 servings.

Desserts

Lemon Jelly Roll

¾ cup sifted cake flour
¼ teaspoon salt
1 teaspoon baking powder
2 eggs
¾ cup sugar
1 teaspoon vanilla
Lemon filling (see page 53)
Confectioners' sugar

Line 15x10x1½-inch jelly roll pan, with waxed paper. Grease paper and sides of pan. Sift together flour, salt, and baking powder. Beat eggs until light and lemon colored. Add sugar to eggs gradually, beating constantly. Sift small amount flour mixture on egg mixture; fold in. Continue until flour mixture is all added. Fold in vanilla. Pour cake batter into prepared pan. Bake in 400° F. (hot) oven 13 minutes or until light brown. Remove cake from pan to damp cloth. Remove paper. Trim edges of cake. Spread with lemon filling; roll up quickly. Dust with confectioners' sugar. Makes 6 to 8 servings.

Lemon Filling

1 egg
¾ cup sugar
Juice of 1 lemon
1 tablespoon cold water

Beat egg; add sugar. Strain juice; add with water to egg and sugar. Cook over low heat, stirring constantly, until thickened. Cool before spreading.

Sponge Cake

2 eggs
¼ teaspoon salt
1 cup sugar
1 teaspoon vanilla
½ cup skim milk
1 tablespoon margarine
1 cup sifted flour
1 teaspoon baking powder

Grease 8x8x2-inch baking pan. Beat eggs until very light and thick. Beat in salt, sugar, and vanilla. Heat milk and margarine to boiling point; beat in. Mix flour and baking powder; beat in. Bake in 350° F. (moderate) oven about 30 minutes. Cool on cake rack. Frost as desired. (Or, bake at same temperature in two greased 8-inch layer cake pans, 20 to 25 minutes.)

Easy Devil's Food Cake

1½ cups sifted flour
¾ teaspoon baking soda
¼ teaspoon salt
2 eggs, well beaten
1½ cups sugar
¾ cup margarine, melted
1½ teaspoons vanilla
2 squares unsweetened chocolate, melted
¾ cup skim milk

Grease and flour 2 9x1½-inch layer pans. Sift together flour, baking soda, and salt. Combine eggs and sugar. Add margarine, vanilla, and chocolate; stir to mix well. Add sifted dry ingredients, a little at a time, alternately with milk. Pour into prepared pans. Bake in 350° F. (moderate) oven 30 to 35 minutes or until top springs back when lightly touched with fingertip. Cool in pans 5 minutes. Remove to a rack; cool.

Applesauce Cake

½ cup margarine
2 cups sugar
1 egg
1½ cups thick, unsweetened applesauce
2½ cups sifted flour
1½ teaspoons baking soda
1½ teaspoons salt
¾ teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon allspice
½ cup water
1 cup chopped walnuts

Grease and lightly flour a 13x9x2-inch pan. Stir margarine and sugar together until fluffy. Beat in egg, then applesauce. Mix and sift flour, baking soda, salt, and spices. Stir in alternately with water. Stir in walnuts. Pour into prepared pan. Bake in 350° F. (moderate) oven 45 to 50 minutes or until cake tests done. Cool on rack. Frost as desired.

Fruit and Nut Cake

1 cup chopped walnuts
1 cup chopped dates
1 cup raisins
1 teaspoon baking soda
1 cup boiling water
1 cup sugar
½ cup vegetable oil
1½ cups sifted flour
2 eggs
1 teaspoon vanilla
½ teaspoon grated lemon rind

Grease a 4½x8x2½-inch loaf pan. Combine walnuts, dates, raisins and baking soda. Add boiling water; set aside. Combine sugar and oil in mixing bowl. Add flour, then eggs, one at a time, blending well. Add vanilla and lemon rind. Stir in fruit and nut mixture. Turn into prepared pan. Bake in 350° F. (moderate) oven, about 1½ hours or until cake tests done when tested with cake tester.

Tip

To test for doneness, insert a wire cake tester or toothpick. If it emerges perfectly clean, the cake is done. If pressed with a finger, it should at once spring back into shape.

Chocolate Angel Cake

1 cup sifted flour
1½ cups sugar
¼ cup cocoa, unsweetened
½ teaspoon salt
1½ cups egg white
1 teaspoon cream of tartar
1 teaspoon vanilla

Sift flour, sugar, cocoa and salt nine times. Beat egg white until frothy, add cream of tartar. Beat again by hand. Fold in dry ingredients, add vanilla. Turn into a 10x4-inch tube pan. Bake in 325° F. (slow) oven about 1 hour and 15 minutes, or until cake springs back when lightly touched. Invert pan for about 1 hour.

Frostings and Fillings

Seven-Minute Frosting

2 egg whites
1½ cups sugar
5 tablespoons cold water
1½ teaspoons light corn syrup
1 teaspoon vanilla

Put unbeaten egg white, sugar, water, and corn syrup in upper part of double boiler. Place over rapidly boiling water. Beat constantly with rotary egg beater 7 to 10 minutes or until frosting will stand in peaks. Remove from heat; add vanilla; beat until thick enough to spread. Makes enough to fill and frost a 2-layer cake.

Brown Sugar Frosting

1 cup granulated sugar
1 cup brown sugar, firmly packed
2 egg whites, unbeaten
6 tablespoons water
2 teaspoons vanilla

Combine all ingredients except vanilla in top of double boiler. Set over boiling water; beat constantly with a rotary beater 7 to 10 minutes or until frosting holds its shape. Remove from heat; stir in vanilla.

Mocha Frosting

⅓ cup margarine
3 cups confectioners' sugar
2 squares unsweetened chocolate, melted
¼ cup (about) strong, cold coffee

Stir margarine to soften. Add half the sugar gradually while continuing to stir. Add chocolate; mix well. Add remaining sugar gradually. Add coffee 1 tablespoon at a time until frosting is fluffy and easy to spread. Makes enough to fill and frost a 2-layer cake.

Cookies

Refrigerator Cookies

1 egg
1 cup brown sugar, firmly packed
½ cup vegetable oil
1¾ cups sifted flour
½ teaspoon baking powder
¼ teaspoon salt
½ cup finely chopped walnuts
½ teaspoon vanilla

Beat egg. Add brown sugar and oil. Mix and sift flour, baking powder, and salt. Add chopped walnuts and vanilla; mix well. Shape in roll 2 inches in diameter; wrap in waxed paper. Chill until firm; slice thin. Bake on ungreased baking sheet in 375° F. (moderate) oven 5 minutes or until brown. Makes about 48.

Brownies

½ cup margarine
1 square unsweetened chocolate
1 egg
1 cup sugar
1 cup sifted cake flour
¼ teaspoon baking powder
¼ teaspoon salt
1 cup broken walnuts
1 teaspoon vanilla

Grease an 8x8x2-inch baking pan. Melt margarine and chocolate together over hot water. Beat egg;

add sugar gradually while beating. Add chocolate and margarine to egg mixture; beat hard 1 minute. Mix and sift flour, baking powder, and salt; stir into egg mixture; add walnuts and vanilla. Pour into prepared pan. Bake in 350° F. (moderate) oven 40 minutes. Cut into squares or strips. Makes 16 brownies.

Oatmeal Drop Cookies

2 cups sifted flour
1 ¼ cups sugar
1 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
3 cups rolled oats, regular or quick-cooking
1 cup raisins
1 cup vegetable oil
2 eggs
½ cup skim milk
1 cup walnuts

Sift together dry ingredients. Add rolled oats and raisins and mix thoroughly. Add in order, oil, eggs and milk. Beat until thoroughly blended. Stir in walnuts. Drop by teaspoonfuls on ungreased baking sheet about 1½ inches apart. Bake in 400° F. (hot) oven 10 to 12 minutes. Makes 6 dozen.

Gingersnaps

2 cups sifted flour
1 tablespoon ground ginger
2 teaspoons baking soda
1 teaspoon cinnamon
½ teaspoon salt
¾ cup margarine
1 cup sugar
1 egg
¼ cup molasses
Sugar

Mix and sift first 5 ingredients. Sift again twice; return to sifter. Stir margarine until softened. Add 1 cup sugar gradually, continuing to beat. Beat in egg and molasses. Sift about ¼ of the flour mixture over the molasses mixture; stir to blend well. Repeat until all flour mixture is added. Form teaspoons of dough into small balls. Roll balls in sugar. Place about 2 inches apart on ungreased baking sheets. Bake in 350° F. (moderate) oven 12 minutes or until tops are slightly rounded. Cool on racks. Makes about 48.

Anise Tea Cookies

2½ cups sifted flour
¼ cup finely chopped nuts
1 tablespoon anise seed
½ teaspoon salt
⅔ cup vegetable oil
¾ cup confectioners' sugar
2 tablespoons orange juice
½ teaspoon vanilla
Confectioners' sugar (optional)

Mix together flour, nuts, anise seed and salt in bowl. Add oil and stir until well blended. Mix together sugar, orange juice and vanilla; add to flour mixture and mix until well blended. Mixture will appear slightly dry and crumbly. Form cookies by shaping with hands into rolls about 2 inches long and ¾ inch wide. Leave cookies straight or curve into crescent shapes. Place on ungreased baking sheet. Bake in 350° F. (moderate) oven 20 to 25 minutes or until lightly browned. Roll warm cookies in confectioners' sugar, if desired. Makes 3 dozen cookies.

Note: Cookie flavor improves with storage. 1 tablespoon caraway seed or grated orange rind may be substituted for anise seed.

Pies

Flaky Pastry Crust

(For one 2-crust 8- to 9-inch pie)

2 cups sifted flour
¼ teaspoon cinnamon (optional)
1 teaspoon salt
½ cup vegetable oil
5 tablespoons cold skim milk or water

Sift flour, cinnamon and salt together. Combine oil and milk in measuring cup. Beat with a fork until thickened and creamy. To avoid separation, immediately pour all at once over the flour mixture. Toss and mix with a fork. The dough will be moist. Form into ball; divide in half.

Shape each half into a flat round. Roll between 2 12-inch squares of waxed paper (paper will not slip if table is wiped with damp cloth). Roll out until dough forms circle, reaching edges of paper. Remove top sheet of waxed paper; invert dough over pie pan; peel off the other paper. Fit pastry into pan and trim edges. Roll out top crust in the same way. Cut gashes for steam to escape. Fill pastry-lined pan with desired filling. Place top crust over filling and trim ½ inch beyond rim of pan. Seal edge by folding top crust under bottom crust; flute edge. Bake in 400° F. (hot) oven 15 minutes, reduce heat to 350° F. (moderate) and continue baking 30 to 45 minutes longer or until lightly browned.

The Flaky Pastry Crust may be used for any pie filling. For a one-crust pie, make one-half of the recipe. Roll out as above and fit into pie pan. Prick surface of crust. Bake at 450° F. (very hot) oven 10 to 12 minutes.

Crumb Crust

16 graham crackers
(1½ cups crumbs)
¼ cup sugar
¼ cup margarine

Crumb graham crackers by rolling with a rolling pin. Mix crumbs, sugar, and margarine. Lightly grease 9-inch pie plate. Press mixture firmly and evenly against sides and bottom of plate. Bake in 400° F. (hot) oven 10 minutes. Cool; fill with desired filling.

Old Fashioned Pumpkin Pie

1½ cups pumpkin
1 cup brown sugar, firmly packed
½ cup sugar
¼ teaspoon ground cloves
1½ teaspoons cinnamon
1 teaspoon ground ginger
½ teaspoon salt
2 eggs, beaten
½ teaspoon ground nutmeg
1 cup evaporated milk
1 cup skim milk
Unbaked pie shell in deep
10-inch pan or 2 9-inch pans

Combine first 9 ingredients; mix well. Combine evaporated milk and skim milk; heat to scalding point; add; mix well. Pour into unbaked pie shell. Bake in 350° F. (moderate) oven 1½ hours for deep 10-inch pie; about 1 hour for 9-inch pies. Pie is done when knife inserted near rim comes out clean.

Apple Pie

6 to 8 tart apples, pared, cored, and thinly sliced (6 cups)
¾ to 1 cup sugar
1 tablespoon flour
½ to 1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
Dash salt
Pastry for 2 crust 9-inch pie
2 tablespoons margarine
Sugar

If apples lack tartness, sprinkle with about 1 tablespoon lemon juice. Combine sugar, flour, spices and dash of salt. Mix with apples. Line 9-inch pie plate with pastry. Fill with apple mixture. Adjust top crust; cutting slits for escape of steam; seal edges. Sprinkle with sugar. Bake in 400° F. (hot) oven 50-60 minutes.

Blueberry Pie

1 quart fresh blueberries
Pastry for 2-crust 9-inch pie
1 teaspoon vinegar
1 cup sugar
2 tablespoons flour
Nutmeg
2 tablespoons margarine

Wash and pick over blueberries. Line 9-inch pie pan, using half the pastry. Roll out remaining pastry for top crust. Combine vinegar, sugar, and flour. Add to blueberries and mix lightly. Pour into pie pan; sprinkle with nutmeg. Dot with margarine. Moisten edge of pastry with water; cover with top crust. Trim; press edges together with tines of fork. Prick top crust to allow steam to escape. Bake in 425° F. (hot) oven 10 minutes; reduce heat to 375° F. (moderate) ; bake 25 minutes longer or until brown.

Lemon Chiffon Pie

1 package lemon-flavored gelatin
¾ cup boiling water
½ cup sugar
1 lemon, juice and grated rind
1 large, 13 oz., can evaporated milk, whipped (see below)
9-inch crumb crust

Dissolve gelatin in boiling water; add sugar, lemon juice, and grated rind. Fold in whipped evaporated milk. Spoon into crumb shell. Chill until set.

Whipped Pie Toppings

Whipped Topping from Evaporated Milk

Pour contents of 1 large 13-oz. can evaporated milk into freezing tray. Freeze until tiny ice crystals begin to form around edges, turn into chilled bowl and whip with rotary egg beater until stiff enough to hold its shape. If milk does not whip well, it is not cold enough. Just rechill and whip again. Sugar and vanilla may be added and whipped in at this stage, if desired. Makes 4 cups.

Whipped Topping from Nonfat Dry Milk

In chilled bowl of electric mixer, whip ½ cup nonfat dry milk with ½ cup ice water until soft peaks form (about 2 minutes). Add 1½ tablespoons lemon juice and beat until stiff, gradually beating in ½ cup sugar. Makes 3 cups.

Apple Brown Betty

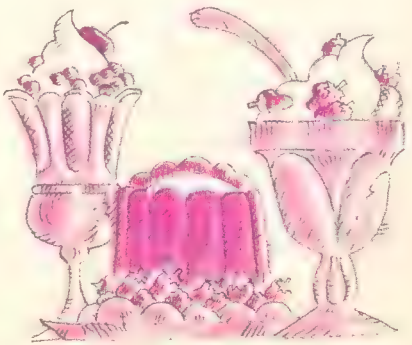
1 cup soft bread crumbs or ready-to-eat cereal
2 tablespoons margarine
1 teaspoon grated orange or lemon rind
⅓ cup sugar
1 teaspoon cinnamon
3 medium apples, cored, pared and sliced
¼ cup fruit juice (approximately)

Mix bread crumbs, margarine, grated rind, sugar, and cinnamon. Place half the sliced apples in buttered baking dish. Cover with half the bread crumb mixture. Add remaining apple slices and cover with remaining crumb mixture. Sprinkle with fruit juice. Bake in 375° F. (moderate) oven about 45 minutes. Serve hot or cold with milk, or other dessert sauce. Makes 4 servings.

Strawberry Tapioca Parfait

1 egg white
2½ tablespoons sugar
1 egg yolk
1 cup skim milk
2 tablespoons quick-cooking tapioca
¼ teaspoon salt
Pinch of nutmeg
⅛ teaspoon vanilla
1 teaspoon lemon juice
½ teaspoon grated lemon rind
1 cup whipped topping
1 cup quick-frozen strawberries or sweetened, fresh strawberries

Whip egg white until foamy. Add 2 tablespoons sugar, 1 at a time; continue beating until mixture stands in very soft peaks. Set aside. Mix egg yolk with a small amount of the milk in 1 quart saucepan. Add remaining milk, the tapioca, remaining ½ tablespoon sugar, salt, and nutmeg. Stir over medium heat until mixture comes to a boil. Pour small amount of hot mixture into beaten egg white; blend. Add remaining mixture quickly, stirring constantly. Add vanilla, lemon juice, and lemon rind. Cool; stir after 15 or 20 minutes. Fold into whipped topping. Fill parfait glasses with alternate layers of pudding and strawberries. Top with additional berries and whipped topping. Makes 4 servings.



Slim Line Dessert

1 envelope unflavored gelatin
1½ cups cold water
1 6-ounce can frozen lemonade or limeade concentrate
½ cup nonfat dry milk powder
2 tablespoons lemon juice or lime juice
¼ cup sugar

Sprinkle gelatin on ½ cup of the water in saucepan to soften. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat. Stir in ½ cup water and lemonade concentrate. Chill until syrupy.

Meanwhile, mix nonfat milk with ½ cup ice water in bowl. Beat until soft peaks form, 3 to 4 minutes. Add lemon juice. Continue beating until firm peaks form, 3 to 4 minutes longer. Gradually add sugar, beating constantly. Fold gelatin mixture into whipped milk. Turn into 5-cup mold. Chill until firm. Unmold and decorate with maraschino cherries. Makes 8 servings.

Fruit Whip

2 egg whites
½ cup confectioners' sugar (if needed)
1 cup fruit pulp (crushed berries, peaches, applesauce, prune, or apricot pulp)

Beat egg whites until stiff peaks form when beater is raised. Gradually add sugar, beating constantly. Fold in fruit. Pile in sherbet glasses; chill. Makes 4 servings.

Glazed Baked Apples

4 large baking apples
½ cup seedless raisins
2 tablespoons sugar
1 tablespoon grated lemon rind
1 teaspoon cinnamon
2 teaspoons margarine
⅔ cup boiling water
½ cup sugar
½ cup red currant jelly

Wash and core apples; pare ⅓ the way down from stem. Place in baking dish. Combine next 4 ingredients. Spoon into centers of apples. Top each with ½ teaspoon margarine. Combine water and ½ cup sugar; pour over apples. Bake, covered, in 350° F. (moderate) oven 45 to 60 minutes or until tender, basting once or twice with syrup in bottom of pan. Remove from oven. Melt jelly over low heat; stir with a fork. Spoon over apples. Place in broiler 3 inches from heat; broil 3 to 4 minutes or until glazed. Serve warm or cold with cream. Makes 4 servings.

Skim Milk Desserts

Orange Milk Sherbet

1 cup evaporated skim milk
1 tablespoon lemon or lime juice
1 6-ounce can frozen orange juice concentrate
1 tablespoon brandy, rum or orange flavored liqueur (optional)

Whip milk until stiff peaks form. Fold in lemon juice. Gently mix in orange juice concentrate. Add brandy. Freeze at once in cold freezing trays. Makes 4 cups or 8 ½-cup servings.

Variations

Pineapple Milk Sherbet or Pineapple-Orange Milk Sherbet

Substitute frozen unsweetened pineapple concentrate or pineapple-orange concentrate for orange concentrate.

Pineapple-Banana Milk Sherbet

Add to frozen pineapple concentrate 1 cup ripe bananas, mashed. Makes 5 cups or 10 ½-cup servings.

Note: For extra zip, add 1 tablespoon ginger marmalade to the sherbet mixture before freezing.

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Common Food Container Sizes

The labels of cans or jars of identical size may show a net weight for one product that differs slightly from the net weight on the label of another product due to the difference in the density of the food. An example would be pork and beans (1 pound), blueberries (14 ounces), in the same size can (No. 300).

Consumer Description

Container Industry Term	Approximate Net Weight (Check label)	Approximate Cups	Products
8-ounce	8 ounces	1	Fruits, vegetables, *specialties
Picnic	10½ ounces	1¼	Condensed soups, small quantities of fruits, vegetables, meat and fish products, *specialties
12-ounce (vacuum)	12 ounces	1½	Used largely for vacuum-packed corn
No. 300	1 pound	1¾	Pork and beans, baked beans, meat products, cranberry sauce, *specialties
No. 303	16-17 ounces	2	Fruits, vegetables, meat products, ready-to-serve soups, *specialties
No. 2	1 pound, 4 ounces, *or* 20 ounces, *or* 18 fluid ounces	2½	Juices, fruits, vegetables, ready-to-serve soups, *specialties
No. 2½	1 pound, 13 ounces, *or* 29 ounces	3½	Fruits, some vegetables, (pumpkin, sauerkraut, spinach, and other greens, tomatoes)
No. 3 Cyl.	3 pounds, 3 ounces, *or* 46 fluid ounces	5¾	Fruit and vegetable juices, whole chicken

*SPECIALTIES: Usually a food combination such as macaroni, spaghetti, Spanish-style rice, Mexican-type foods, Chinese foods, tomato aspic, etc.

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